

CHECK!

*Knowing your normal could
save 1000 lives every year!*



Bowel & Liver Trust

...getting to the guts of the matter!

GUT HEALTH KNOW YOUR NORMAL

Do You Know Your Normal

Bowel movements are not something we like to talk about or study but a few minutes every day could save your life.

There is one important thing you need to know and watch for in Bowel movements – **CHANGE!**

To understand Change you need to - **KNOW YOUR NORMAL**

Frequency and Change

What is your Normal? Do you have a bowel movement every day, every second day, twice a day? Keep a chart for a month and then from time to time check again – this could save your life

Texture and Change

What is your normal? Is the shape and consistency of your poo like a sausage, separate hard lumps, soft blobs, lumpy and sausage like?

Colour and Change

What is your Normal? If it's Brown coming down there is no need to Frown. Changes in colour such as red (Blood in the Poo) or Black or Grey make a time to visit your doctor. It could save your life.

Knowing your normal takes time!

Normal is not always exactly the same everyday and for each person. For some people you may have 1-3 Bowel Movements per day and vary between soft and formed - this would be your normal and that variability would be seen as alright.

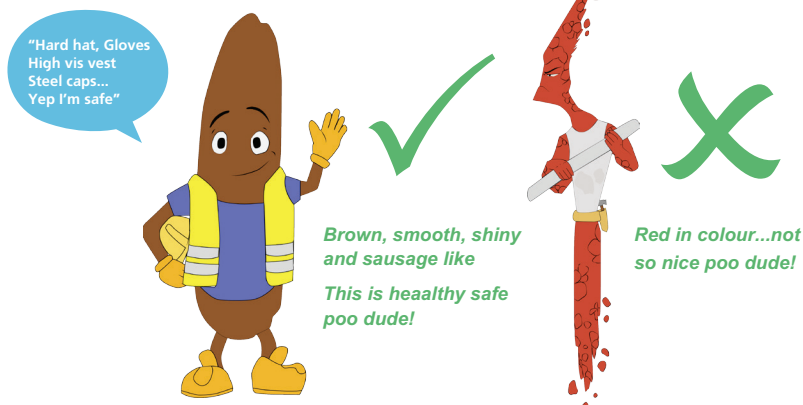
BE SAFE AND HEALTHY

Bowel cancer is a huge killer in NZ

Get a check if you have

- Changes in your Bowel habits
- Different colour to your poo
- You are over 50
- Someone in your family had Bowel cancer

Today and everyday in New Zealand 9 NZs find out they have Bowel cancer and 3 of those will die – Don't let it be you.



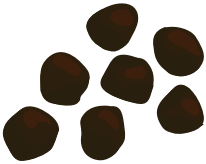
GUT HEALTH
KNOW YOUR NORMAL

Your Poo Guide!



CHECK!

This guide is based on the Bristol Poop Chart



Type 1: Separate hard lumps



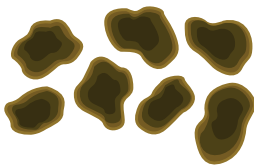
Type 2: Lumpy and sausage like



Type 3: A sausage shape with cracks in the surface



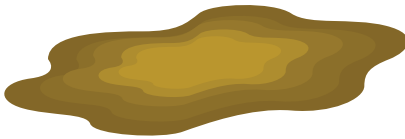
Type 4: Like a smooth, soft sausage or snake



Type 5: Soft blobs with clear cut edges



Type 6: Mushy consistency with ragged edges



Type 7: Liquid consistency with no solid pieces

Chart your normal below!

Day	Frequency	Texture	Colour	
1				<p>A diet rich in whole foods and plenty of filtered water helps to keep constipation at bay.</p> <p>Healthy Poo do not contain undigested food parts. If they have undigested parts, it usually means that we chewed our food too quickly or we have insufficient acid for the breakdown of food parts. To counter this, try drinking warm lemon water in the morning.</p> <p>Check when you use the bathroom. If your stool is less than perfect, work on your diet. In the end, what comes out your back end is generally the result of what you put in your front end.</p> <p>Floaters are good, they indicate a healthy amount of fibre and essential fatty acids. If you are lacking in healthy fats, and this will cause stools to sink immediately...</p> <p>NOW YOU KNOW YOUR NORMAL!</p>
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