

review YOUR POO

Do you know your Normal?

Our poo is something we need to know about and there is one important thing you need to know and watch for when you poo that's **CHANGE**

To understand Change, you need to - **KNOW YOUR POO**

Timing & Change - What is your normal? Do you Poo every day, every second day, twice a day? Use the chart on the back to record when you poo through the month.

Shape, Texture & Change What is your normal? Is the shape and texture of your Poo like a sausage, separate hard lumps, soft blobs, lumpy and sausage like? Check out the pictures on the back of this page and say what number your poo is each time you poo.

Colour & Change - What is your Normal? If it's Brown don't frown! Changes in colour we don't like are red, black or grey. That is when it is time to visit your doctor.

Knowing your normal takes time!

Gut
FOUNDATION

FOODSTUFFS
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Normal is not always the same every day or for each of us.

Some people may have 1 - 3 poos per day and vary between soft (number 5) and formed (number 3) This would be their normal

For someone else they may poo every morning before breakfast same, same.

Remember it's your unique normal.

Knowing your normal may save heaps of lives every year and may even mean small cues for the Poo doctors!

 Pacific Radiology
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Rotary   SERVE TO CHANGE LIVES

SUPER!!! POO

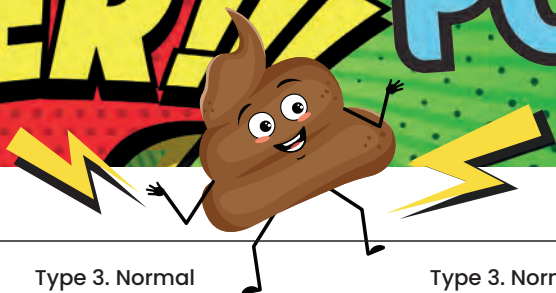


#lookintheloo
Know Your Poo!

www.thegut.org.nz

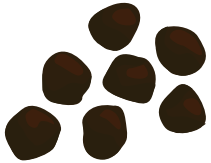
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SUPER!!! POO



This guide is from the Bristol Poo Chart

Type 1. Bad Constipation



Separate hard lumps

Type 2. Mild Constipation



A very lumpy sausage

Type 3. Normal



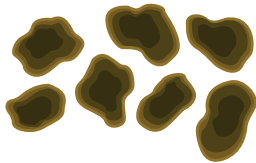
Sausage shape with cracks

Type 3. Normal



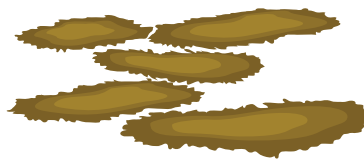
Smooth sausage or snake

Type 5. need fibre



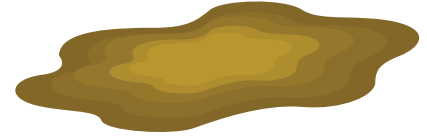
soft blobs clean edges

Type 6. Mild runny Poo



Mushy with ragged edges


Type 7. extreme runny Poo



Squirts out of your bottom
no solid pieces

Write your poo type each day on the chart or use the QR code to save it to your computer and type in your number each day. Or take a screen shot of this chart on your smart phone, edit your pics to chart your normal and create a photo record on your camera roll. Next time you visit your doctor show them your normal.

Daily Chart | My Month :

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

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