

# review YOUR poo

## Do You Know Your Normal?

Our Poos or 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 Poo every day, every second day, twice a day? Use the chart included here to record your daily poos for a month to establish your normal.

**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? Check out the images taken from the Bristol poo chart above the chart you will complete.

**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 every day and for each person.

For some people you may have between 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.

For someone else they may Poo every morning before breakfast same same! – Its Your unique Normal.

**Knowing your normal can save 1000's of lives a year!**

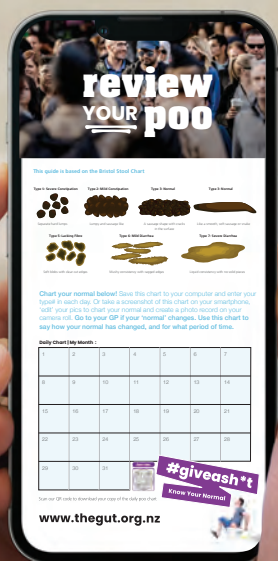
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Know Your Normal



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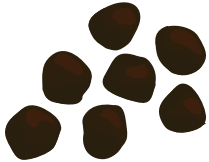
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This guide is based on the Bristol Stool Chart

**Type 1: Severe Constipation**



Separate hard lumps

**Type 2: Mild Constipation**



Lumpy and sausage like

**Type 3: Normal**



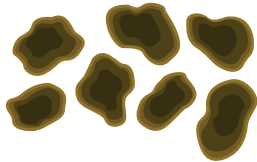
A sausage shape with cracks in the surface

**Type 3: Normal**



Like a smooth, soft sausage or snake

**Type 5: Lacking Fibre**



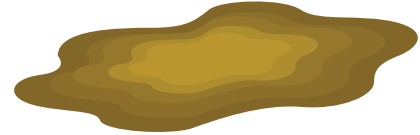
Soft blobs with clear cut edges

**Type 6: Mild Diarrhea**



Mushy consistency with ragged edges

**Type 7: Severe Diarrhea**



Liquid consistency with no solid pieces

Chart your normal below! Save this chart to your computer and enter your type# in each day. Or take a screenshot of this chart on your smartphone, 'edit' your pics to chart your normal and create a photo record on your camera roll. Go to your GP if your 'normal' changes. Use this chart to say how your normal has changed, and for what period of time.

## 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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Scan our QR code to download your copy of the daily poo chart