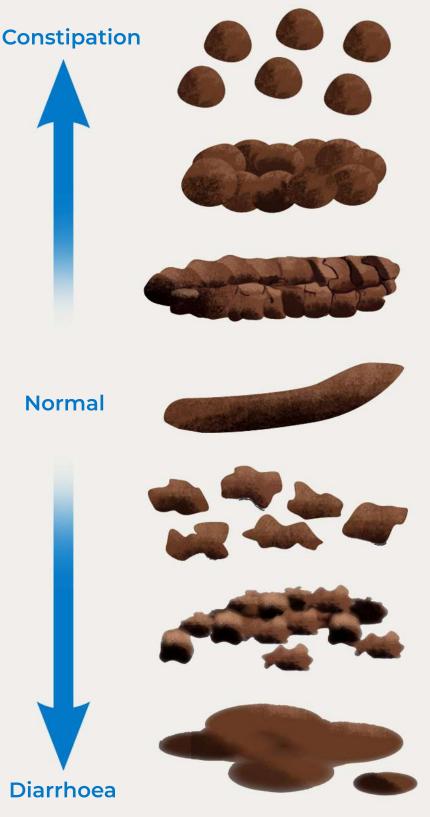
Checking your poo

If your doctor asks you to keep a record of what your poo looks like, each time you do a poo, make a note of what type listed below it most resembles.





Type 1: Separate hard lumps, like nuts

Type 2: Sausage-shaped, but lumpy

Type 3: Like a sausage but with cracks on its surface

Type 4: Like a sausage or snake, smooth and soft

Type 5: Soft blobs with clear cut edges

Type 6: Fluffy pieces with ragged edges, a mushy stool

Type 7: Watery, no solid pieces, entirely liquid

Information based on the Bristol Stool Chart