

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.

Constipation



Type 1: Separate hard lumps, like nuts



Type 2: Sausage-shaped, but lumpy



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

Normal



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

Diarrhoea