

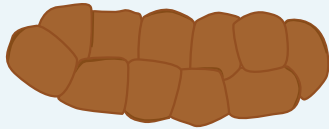
POO CHECKER

What's your poo telling you?



TYPE 1

Small hard lumps like rabbit droppings.
This suggests severe constipation.



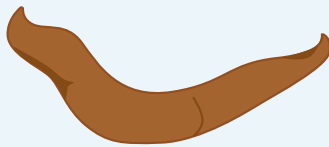
TYPE 2

Sausage shaped, but hard and lumpy.
This suggests constipation.



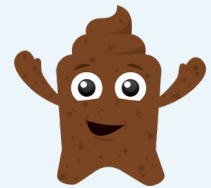
TYPE 3

Sausage shaped, but hard, with cracks on the surface.
This suggests constipation.



TYPE 4

A soft, smooth sausage - **THE IDEAL POO!**



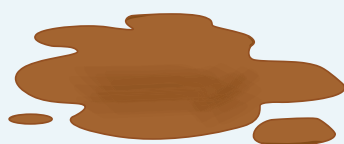
TYPE 5

Separate soft blobs
May be fine if the child is well and softer poos can be accounted for e.g. increased intake of fibre or taking laxative.



TYPE 6

A mushy stool
May be fine if the child is well and softer poos can be accounted for e.g. increased intake of fibre or taking laxative.



TYPE 7

A liquid stool
This could be diarrhoea or overflow.

**Based on the Bristol Stool Form Scale produced by Dr KW Heaton, Reader in Medicine at the University of Bristol.*