

View your poo!

It could save your life

HOW IT LOOKS	WHAT IT'S LIKE	WHAT YOUR POO IS TELLING YOU	HOW TO FIX YOUR POO
Type 1 	Separate hard lumps like nuts (difficult to pass)	You may be constipated	Eat high fibre produce such as vegetables and whole grains Stay hydrated and keep active Consider fibre supplementation
Type 2 	Sausage-shaped but hard and lumpy		
Type 3 	Sausage-shaped but with cracks on the surface	You have healthy poo	You may have a healthy diet, continue your regular fibre such as vegetables and whole grains Stay hydrated and keep active
Type 4 	Like a sausage or snake, smooth and soft		
Type 5 	Soft blobs with clear-cut edges (passed easily)	You may be lacking in fibre	Review your diet, eat high fibre produce such as vegetables and whole grains, stay hydrated and keep active – consider fibre supplementation
Type 6 	Fluffy pieces with ragged edges	You may have diarrhoea	If more than 3 times a day with loose bowel movements – stay hydrated, review any changes to medications or diet If symptoms persist for more than 48 hours, seek medical advice
Type 7 	Entirely liquid, watery, no solid pieces		

Have you noticed blood in your poo?

Regardless of what your poo looks like, if you notice blood in your poo, the toilet bowl, or toilet paper, please speak to your GP immediately.

Up to 99% of bowel cancers can be successfully treated if detected early.



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PREVENTING
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