

# POO CHECKER

## What's your poo telling you?



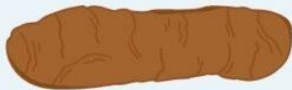
### TYPE 1

**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.*