

Bowel chart



It's important to know what healthy poo looks like.

Use this chart to see if you have constipation.



Type 1

Separate hard lumps, like nuts (hard to pass)



Type 2

Sausage-shaped but lumpy



Type 3

Like a sausage but with cracks on the 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 poo



Type 7

Watery, no solid pieces. Entirely liquid

If your poo does not look like type 3 or type 4, tell someone you trust.

