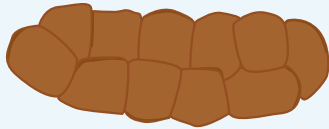


POO CHECKER What's your poo telling you?



TYPE 1

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



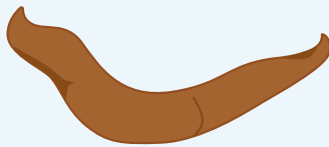
TYPE 2

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



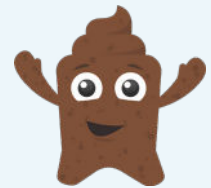
TYPE 3

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.