

Get to know your poo

Type 1



Separate, pebble-like pieces that are hard to pass. You're constipated.

Type 2



Firm, sausage-shaped and lumpy indicates you're getting a little backed up.

Type 3



Sausage-shaped with visible surface cracks – a respectable poo!

Type 4



Soft, smooth and easy to pass – this is your perfect poo!

Type 5



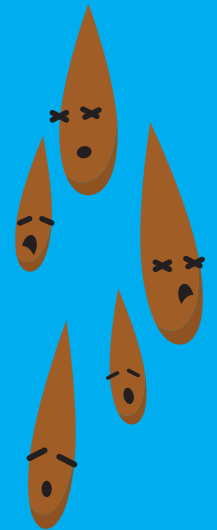
Soft formed pieces with defined edges means you're edging towards diarrhoea.

Type 6



Light, fluffy pieces with frayed edges and a mushy texture is a definite diarrhoea indicator.

Type 7



Thin and runny with no solid pieces at all – that's diarrhoea. Hope you feel better soon.

