

Which one of these looks most like your poo?



type 2: Sausage-shaped but lumpy



type 3: Like a sausage but with cracks on its surface



type 4: Like a sausage or snake, smooth and soft



type 5: Soft blobs with clear-cut edges (passed easily)



type 6: Fluffy pieces with ragged edges, a mushy stool



type 7: Watery, no solid pieces ENTIRELY LIQUID

1. Find your poo from the pictures above
2. Ask a parent to help you cut out the matching picture from this page
3. Stick this picture on your poo calendar

Based on the Bristol Stool Form Scale produced by Dr KW Heaton at the University of Bristol.





# Let's talk about poo

Keep a diary of when you do a poo and what it looks like. **Use the pictures on the other sheet** of paper to stick onto this chart (you can get them from our website).

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

**Children:** If you're worried about how your poo looks, talk to a grown up.

**Parents:** Use this chart to keep a record of your child's bowel habits. If you are at all concerned talk to a doctor. You can bring this chart to show your GP. You can also find more information on childhood constipation or soiling issues from ERIC at [www.eric.org.uk](http://www.eric.org.uk)