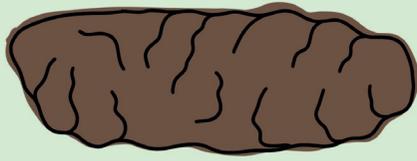


It's important to know what healthy poo looks like.

Share this chart with the people you care for to help them identify whether they may be experiencing constipation.



1

Like a sausage but with cracks on the surface



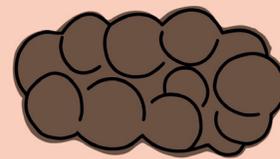
2

Like a sausage or snake, smooth and soft



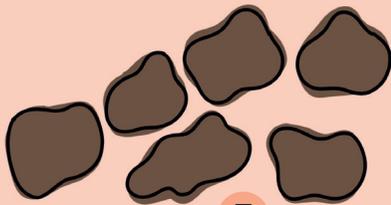
3

Separate hard lumps, like nuts (hard to pass)



4

Sausage-shaped but lumpy



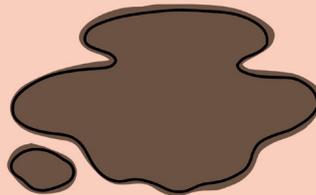
5

Soft blobs with clear-cut edges



6

Fluffy pieces with ragged edges, a mushy poo



7

Watery, no solid pieces. Entirely liquid

If a poo does not look like 1 or 2 it could be constipation. Contact the GP surgery of the person you are caring for.