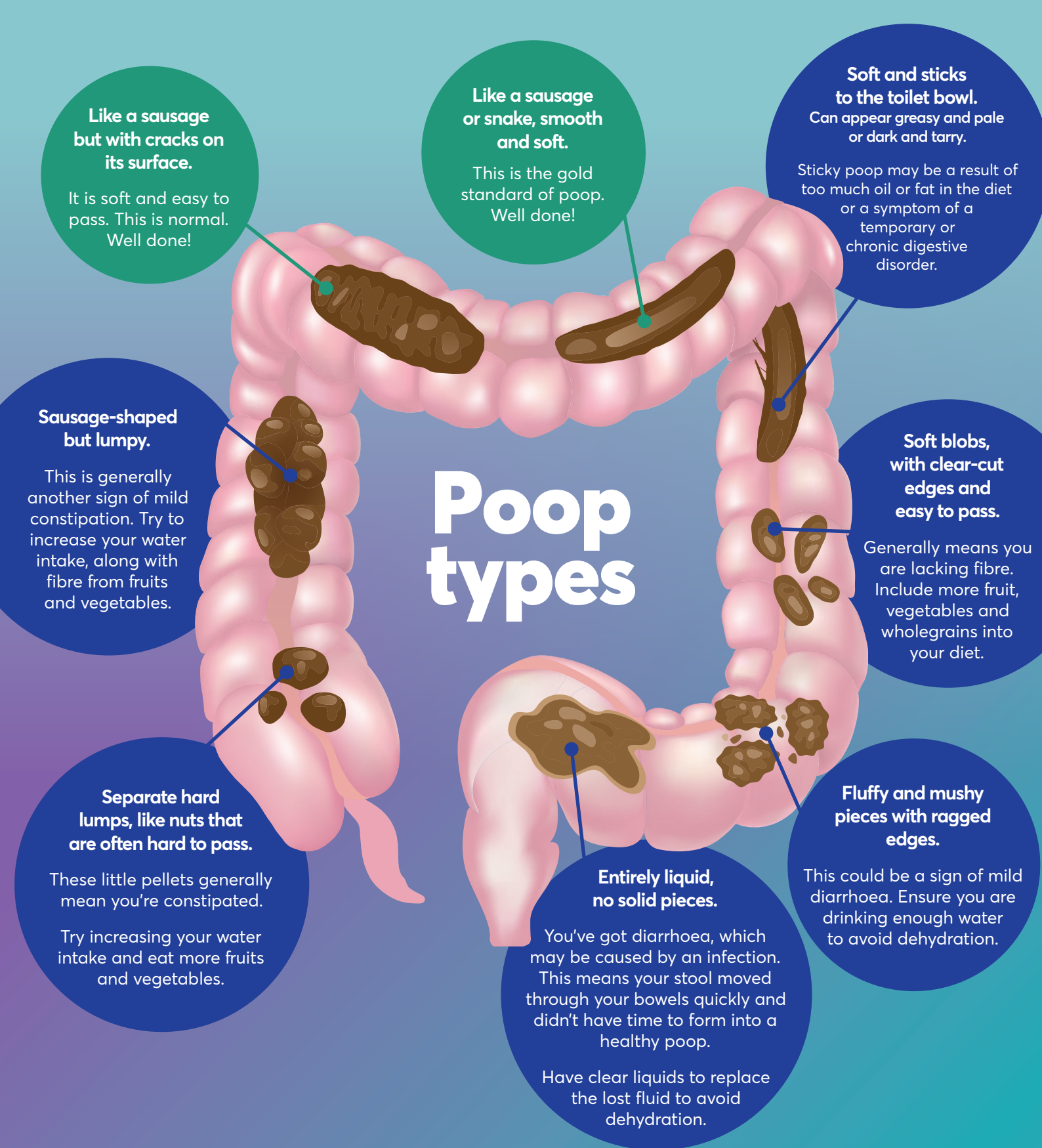


GET THE SCOOP ON YOUR POOP!



Colours or shades



Yellow

Yellow is generally normal for babies, particularly if they are breastfed.

If you're an adult and your poop is yellow, greasy and smells bad then typically this is a sign of too much dietary fat.

It also may indicate your body isn't digesting and absorbing nutrients effectively and could be related to a digestive disorder and it may be time to see a doctor.



Green

Hints of green can be normal.

If it's full blown Hulk green, then food may be moving through your digestive system too quickly and the fat-digesting bile didn't have time to turn brown. This happens with diarrhoea.

Otherwise, think about what you have been eating. Green veggies like kale or spinach, green food colouring, or iron supplements could be the cause.



Pale, white or clay coloured

If your poop doesn't have any colour at all it probably means you're lacking bile – a digestive fluid that comes from our liver and gall bladder that turns our poop brown.

Pale or clay coloured poop may also be a side effect of some medications. Either way, if it continues see your GP.



Red or pink

If you see red, you may not need to be alarmed straight away. Have you had any red foods recently?!

Foods like beetroot, tomatoes, red drinks, cranberries, or red gelatin can change your stool to a pink or reddish colour.

If you haven't been consuming red-coloured food, then bright red blood can be from haemorrhoids or from bleeding in the lower part of your digestive tract. Always see a GP straight away if you find blood in your stool.



Orange

If your poop is orange, it's most likely from food.

Have you been eating carrots, squash, pumpkin or sweet potatoes recently? Foods with orange colouring such as fizzy drink or sweets, or antibiotics or antacids, can also make your stool orange.

On rare occasions, orange poop can be related to a liver problem, however usually this causes pale or clay coloured poop.



Black

It's normal for babies' poop to be black for the first few days after they are born.

Otherwise if you eat liquorice or blueberries or take iron supplements with bismuth subsalicylate, this could be causing the dark stools.

However, dark coloured poop that is sticky and looks like tar can be a more serious sign of internal bleeding in the upper part of the digestive tract.

If food or medication is not the cause, please see your GP.

5 fast facts about poop

- Most people poop at the same time each day!
- On average, a person with healthy digestion will poop anywhere from three times a day to three times a week.
- Both soluble and insoluble fibre in the form of wholegrains, legumes, nuts, vegetables and fruits can bulk up your stools assisting with bowel movements.
- A diet high in fibre (25-30 grams), approx. 6-8 glasses water each day and regular exercise can help keep your poop healthy!
- Poop is made up of undigested food, proteins, bacteria, salts, mucus and dead cells, which is why it is smelly!

When to see the doctor?

Most of the time, poop that's a different colour from what you're used to won't be something to worry about. However, if you have any abnormal pooping habits or colours that happen more than once; once, or are white, bright red or black stools (that aren't from something you ate), they should be assessed by a healthcare professional.

The way our poop looks, and smells can tell us a lot about what is going on with our body. So next time you take a squat, have a closer look at the little blob in your toilet bowl for clues about your health.

Disclaimer: All information contained in this handout is intended for general information purposes only. The information provided should not be relied upon as medical advice and does not supersede or replace a consultation with a suitably qualified healthcare professional.

