

GET THE SCOOP ON YOUR POOP!

Like a sausage but with cracks on its surface.

It is soft and easy to pass. This is normal. Well done! Like a sausage or snake, smooth and soft.

This is the gold standard of poop. Well done! Soft and sticks to the toilet bowl. Can appear greasy and pale or dark and tarry.

Sticky poop may be a result of too much oil or fat in the diet or a symptom of a temporary or chronic digestive disorder.

Sausage-shaped but lumpy.

This is generally another sign of mild constipation. Try to increase your water intake, along with fibre from fruits and vegetables. Poop types Soft blobs, with clear-cut edges and easy to pass.

Generally means you are lacking fibre. Include more fruit, vegetables and wholegrains into your diet.

Separate hard lumps, like nuts that are often hard to pass.

These little pellets generally mean you're constipated.

Try increasing your water intake and eat more fruits and vegetables.

Entirely liquid, no solid pieces.

You've got diarrhoea, which may be caused by an infection. This means your stool moved through your bowels quickly and didn't have time to form into a healthy poop.

Fluffy and mushy pieces with ragged edges.

This could be a sign of mild diarrhoea. Ensure you are drinking enough water to avoid dehydration.

Have clear liquids to replace the lost fluid to avoid dehydration.

Colours or shades

Brown

Relax, this is healthy. Poop is naturally brown because of the bile that is produced in the liver to digest fats, combined with what you eat.

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.

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.

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



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, nowever usually this causes pale of clay coloured poop.



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 or medications 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

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.

References:

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