



Know Your Poo!



Important information.

Type 7 Poo - Is serious - Tell someone if your poo is like this.



This can mean you are very **constipated** which means you have a poo that can't get out, so liquid poo is coming out past it. **Or** it can mean your stomach is unwell and your body is not making proper poos.

Check your poo use this chart.



Type 1 or 2 Poo is serious- Tell someone if your poo is like this!



This means you are constipated, and your poo can't get out of you easily. It can be painful and can make you very unwell.



Type 3,4 or 5 Poo is good!

This means you have normal, healthy poo! Eating lots of fruit and vegetables, drinking water and taking daily exercise will help make sure your poos stay healthy!



Type 6 or 7 Poo is serious - Tell someone if your poo is like this!

This is diarrhoea! This means that your poo is either moving too fast or it could mean that you are very constipated. Keep drinking water and tell someone if your poo is like this.



It can feel embarrassing to talk about your poo but make sure you tell someone if your poo looks like the types next to the sad faces.