

YOUR POOP IS TELLING YOU SOMETHING.

Poop can tell you a lot about your health. It can tell you how healthy your digestive system is and it can tell you when it's time to talk to your doctor. To help you categorize your poop, researchers came up with the Bristol Stool Chart. There are seven categories that range from hard to soft.

It's important to remember that poop is influenced by your diet, fluid intake, and lifestyle. Everyone has different pooping habits, so it's important to look at your poop to know what is normal for you.

Your poop type based on how it looks:

TYPE 1

Constipation



Separate hard lumps, like nuts (hard to pass).

You are definitely constipated.

TYPE 2

Constipation



Sausage-shaped but lumpy.

Might have mild constipation. Drink more water and add more high fiber foods to your diet.

TYPE 3

Normal



Like a sausage but with cracks on its surface.

Normal. A great looking poop!

TYPE 4

Normal



Like a sausage or snake, smooth and soft.

Normal and should happen every 1-3 days.

TYPE 5

Normal



Soft blobs with clear-cut edges (passed easily).

Still normal if less than 3 times a day. You may need to up your fiber intake.

TYPE 6

Diarrhea



Fluffy pieces with ragged edges, a mushy stool.

Mild diarrhea. Be sure to stay hydrated.

TYPE 7

Diarrhea



Watery, no solid pieces. Entirely liquid.

Diarrhea — you have the runs.

*Fatty foods, alcohol, medications, supplements and caffeine may lead to changes in your stool.

When do you need to talk to your doctor?

- * If your poop is black or red
- * If you see blood in the toilet after you poop
- * If you have gone longer than 3 days without pooping
- * If you have more than 3 poops per day without improvement
- * If you feel like you can't fully empty your poop
- * If you have been constipated for longer than 2 weeks
- * If you have new or severe abdominal pain that doesn't go away after pooping or passing gas
- * If you have a sudden or dramatic change in your pooping habits
- * If you have a family history of colon cancer

Don't be embarrassed to talk about your poop. It's important to keep a regular eye on it. That way if you have any issues, or suspect a problem, you can share it with your healthcare provider.

Screening quiz



SCAN HERE

for a free, 1-minute, 13-question screening quiz

Learn more at [FightCRC.org/screening-quiz/](https://fightcra.org/screening-quiz/)

How can you have healthier poop?



Drink more water and hydrating fluids (water is most important, but other fluids like tea and juice are also good).



Eat a high-fiber diet (such as beans, raw fruits and vegetables, brown rice, and whole grains).



Exercise regularly. Regular movement helps with regular bowel movements.