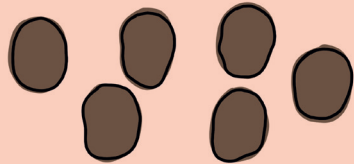


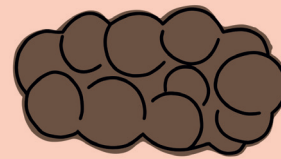
It's important to know what healthy poo looks like.

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



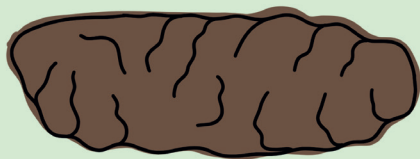
Type 1

Separate hard lumps, like nuts (hard to pass)



Type 2

Sausage-shaped but lumpy



Type 3

Like a sausage but with cracks on the surface



Type 4

Like a sausage or snake, smooth and soft



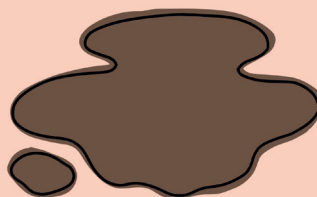
Type 5

Soft blobs with clear-cut edges



Type 6

Fluffy pieces with ragged edges, a mushy poo



Type 7

Watery, no solid pieces. Entirely liquid

If a poo does not look like type 3 or type 4 it could be constipation. Contact the GP surgery of the person you are caring for.