



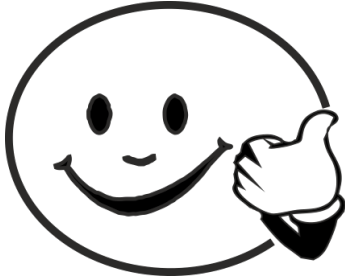







KNOW YOUR POOP CHART

(The Bristol Stool Chart)

Type 1		Separate hard lumps, like nuts (hard to pass)	BAD POOP This poop is too hard! That means constipation. Drink more water, eat more fiber or take the medicine your doctor recommended to help your poop get softer.
Type 2		Sausage-shaped but lumpy	
Type 3		Like a sausage but with cracks on its surface	
Type 4		Smooth and soft like toothpaste	GOOD POOP Congratulations! This poop is perfect. 
Type 5		Soft blobs with clear-cut edges (passed easily)	
Type 6		Fluffy pieces with ragged edges like oatmeal	
Type 7		Watery, no solid pieces. Entirely liquid.	