

What's Your Poop Telling You?

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Shape

Based on the Bristol Stool Chart

TYPE 1: SEPARATE HARD LUMPS

Looks like chocolate covered raisins

This type might be slightly hard to pass. It's likely a sign that you're constipated but you may want to see a doctor if this lasts more than a couple of weeks.



TYPE 2: LUMPY, SAUSAGE-LIKE

Kind of resembles a PayDay bar

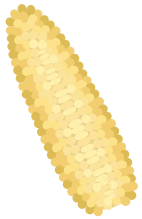
Not the worst thing in the world, but it might take longer than normal to push out. Drink more water to help get things moving back there.



TYPE 3: SAUSAGE-LIKE WITH CRACKS IN THE SURFACE

Reminiscent of a small ear of corn on the cob

Most common shape and easy to pass. This is a very normal bowel movement.



TYPE 4: SMOOTH, SNAKE-LIKE

Similar to a soft sausage or hot dog

This is the ideal shape and signifies a completely healthy poop. Shoot for this type of movement every 1-3 days.



TYPE 5: SOFT BLOBS WITH CLEAR-CUT EDGES

Think popcorn, but a little less firm

Relatively easy to pass but might have some sense of urgency behind it. It should firm up on its own in a couple of days.



TYPE 6: MUSHY CONSISTENCY WITH RAGGED EDGES

Comparable to a Frappuccino or thick smoothie

You'll want to drink more fluids and add electrolytes as you're slightly dehydrated. Fruit juice and soup should do the trick.



TYPE 7: LIQUID CONSISTENCY WITH NO SOLID PIECES

Pretty much like chocolate milk

Check for additional signs of dehydration, like dry mouth, sleepiness, headaches, or if you have severe stomach pains and/or fever. See your doctor if this lasts more than 3 days.



VERY CONSTIPATED

MILD CONCERN

KIND OF BACKED UP

NO BIGGIE

NORMAL

HEALTHY

LACKING SOME FIBER

PRETTY NORMAL

INFLAMMATION & DIARRHEA

NOT GOOD

Color

LIGHT / YELLOW

This could be a sign of too much fat or signal an issue with absorbing nutrients. White stools can also be a side effect of certain medications or be a sign that your bile duct is clogged. Check with a doctor after a few days.

GREEN

This is totally fine if you eat a lot of green vegetables (like spinach or kale) but it also could mean that food is moving through your digestive tract faster than it can be broken down.

BROWN

This is ideal, and probably what you're most used to seeing. Your stool turned brown as a result of all your food mixing together as you digest, along with some bile to help it process.

BLACK

This could be from an iron supplement or the active ingredient in stomach medicine. Oddly enough, it can also be a result of eating lots of black licorice. If those don't apply to you, check in with your doctor.

RED

Unless you eat a lot of red food coloring or red-colored medicine, this could mean blood in your large intestine. It could also be coming from a scratch in your rectum or hemorrhoids. See your doctor if this occurs.

SOURCES

<https://www.healthline.com/health/digestive-health/types-of-poop>

<https://www.medicalnewstoday.com/articles/320938.php>

<https://www.webmd.com/digestive-disorders/ss/slideshow-poop-type-color>