







Patient information

Having a healthy bowel (Easy read version)

- Eating a balanced diet and doing exercise will help prevent bowel problems and keep you healthy
- If your bowel pattern is healthy, you will pass faeces (poo) between three times a day and three times a week - both are normal
- Your poo should be soft and passed easily and without pain. You can see a picture of what healthy poo looks like in the 'Bristol stool chart' at the end of this leaflet



Dos and don'ts

<p>Fruits and vegetables</p> 	<p>Eat five portions of fruit and vegetables a day, for example:</p> <ul style="list-style-type: none"> • Grapes • Lettuce
<p>Meat and fish</p> 	<p>Aim to eat two to three portions of oily fish every week, for example:</p> <ul style="list-style-type: none"> • Sardines • Mackerel • Fresh tuna
<p>Milk and dairy foods</p> 	<p>Choose lower fat foods if possible. Aim to eat two to three portions of dairy foods every day, for example:</p> <ul style="list-style-type: none"> • Milk • Eggs • Cheese
<p>Rice and starchy food</p> 	<p>Choose a wide variety of starchy foods, especially high fibre ones like:</p> <ul style="list-style-type: none"> • Brown rice • Brown bread
<p>Sugary and fatty foods</p> 	<p>Try not to eat sugary and fatty foods like chips, burgers and doughnuts too often.</p>
<p>Fluids</p> 	<p>Aim to drink 1½ - 2 litres of fluid every day. Limit drinks that contain caffeine such as coffee, Red Bull and Lucozade.</p>

Exercise

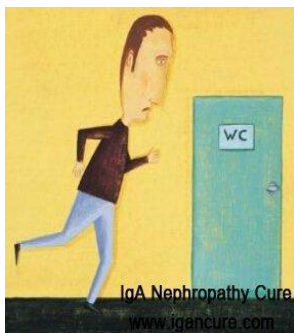
Take regular exercises.

Going to the toilet

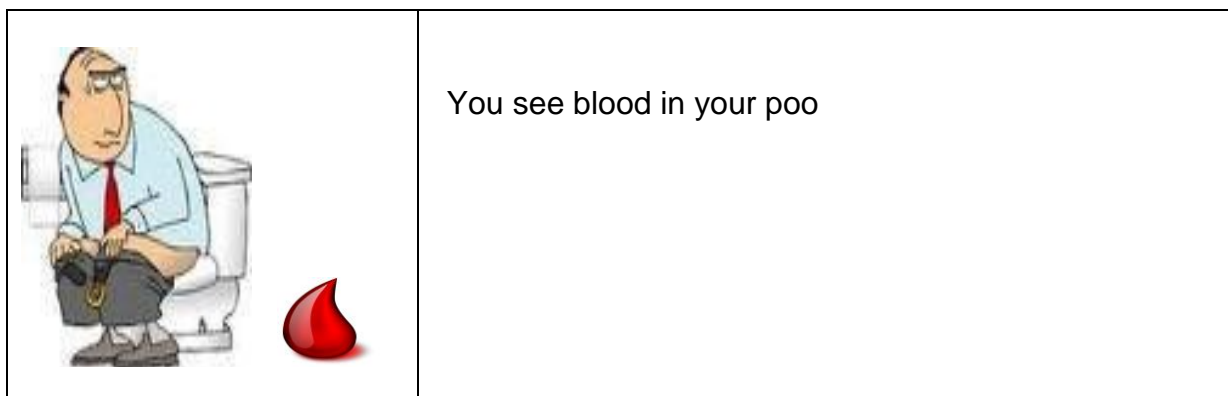
Go to the toilet regularly.

See the doctor if

Your poo is hard and it hurts to go (see Bristol stool type 1, 2 or 3 on the next page).



Your poo is runny (see Bristol stool type 6 or 7) and you need to go to the toilet a lot.










The Bristol Stool Chart explains

The chart explains the type of faeces (poo) commonly seen in the toilet bowl. It will help you understand if your bowel movements are healthy or not.

The form of poo is classified into seven groups, depending on the time it spends in the gut. Type 1 has spent the longest in the gut and type 7 has spent the least time.

Healthy poo looks like type 4 or type 5.

Bristol Stool Chart

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 stool
Type 7		Watery, no solid pieces. Entirely Liquid

Contact us

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Large print and other languages

This information can be made available in alternative formats, such as easy read or large print, and may be available in alternative languages, upon request. For more information, speak to your clinical team.

এই তথ্যগুলো সহজে পড়া যায় অথবা বৃহৎ প্রিন্টের মত বিকল্প ফরম্যাটে পাওয়া যাবে, এবং অনুরোধে অন্য ভাষায়ও পাওয়া যেতে পারে। আরো তথ্যের জন্য আপনার ক্লিনিক্যাল টিমের সাথে কথা বলুন।

Na żądanie te informacje mogą zostać udostępnione w innych formatach, takich jak zapis większą czcionką lub łatwą do czytania, a także w innych językach. Aby uzyskać więcej informacji, porozmawiaj ze swoim zespołem specjalistów.

Macluumaadkaan waxaa loo heli karaa qaab kale, sida ugu akhrinta ugu fudud, ama far waa weyn, waxana laga yabaa in lagu heli luuqaado Kale, haddii la codsado. Wixii macluumaad dheeraad ah, kala hadal kooxda xarunta caafimaadka.

Bu bilgi, kolay okunurluk veya büyük baskılar gibi alternatif biçimlerde sunulabilir, ve talep üzerine Alternatif Dillerde sunulabilir. Daha fazla bilgi için klinik ekibinizle irtibata geçin.

آسان مین پڑھنے کے لیے جیسا ہے، سہکے تی جا کے دستے تیاب مین فارمیڈس متبادل معلومات یہ
پرڈٹ بڑا یا اور درخواست پر متبادل زبانوں میں بھی دستیاب ہو سکتی ہیں۔ مزید معلومات کے لیے، اپنی
کلینکل ٹیم سے بات کریں۔

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Patient Advice and Liaison Service (PALS)

Please contact us if you need general information or advice about Trust services:

www.bartshealth.nhs.uk/pals

Barts Charity

Barts Charity is the dedicated charity for all of the hospitals of Barts Health NHS Trust. Please visit bartscharity.org.uk, call 020 7618 1720 or email

appeals@bartscharity.org.uk to see the ways you can get involved.

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All our patient information leaflets are reviewed every three years.