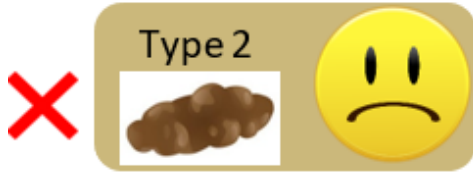




# Know your POO!



## If you have Type 1 or 2 poo

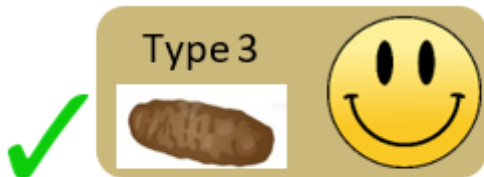


This means you are constipated (trouble pooing)

This can be **SERIOUS**

It can feel embarrassing but make sure you tell someone. This could be your doctor, pharmacist or someone who supports you.

You can help stop constipation by eating more healthy foods, drinking more water, and exercising every day.



## If you have Type 3, 4 or 5 poo

This means you have normal, healthy poo.

Keep eating healthy food, drinking water and doing your daily exercise to make sure your poos stay healthy.

## If you have Type 6 or 7 poo:

This is diarrhoea.

This means that your poo is too fast, but it could mean that you are very constipated too.

This can be **SERIOUS**

It is important to keep drinking water and tell someone who knows you well.