



# CHOOSE YOUR POO

## BRISTOL STOOL FORM SCALE

**TYPE 1**

### RABBIT DROPPINGS

Looks like separate lumps, like nuts (hard to pass)



Increase  
MOVICOL dose\*

**TYPE 2**

### A BUNCH OF GRAPES

Looks like a sausage-shape but lumpy



Increase  
MOVICOL dose\*

**TYPE 3** ✓

### CORN ON THE COB

Looks like a sausage but with cracks on its surface



Maintain  
MOVICOL dose\*

**TYPE 4** ✓

### SAUSAGE

Looks smooth and soft like a sausage



Maintain  
MOVICOL dose\*

**TYPE 5**

### CHICKEN NUGGETS

Looks like soft blobs with clear cut edges (passed easily)



Decrease  
MOVICOL dose\*

**TYPE 6**

### PORRIDGE

Looks like fluffy pieces with ragged edges, a mushy stool



Decrease  
MOVICOL dose\*

**TYPE 7**

### GRAVY

Looks watery, no solid peices (entirely liquid)



Stop taking  
MOVICOL\*  
for a day or two

\*Refer overleaf for maximum recommended dosage. Adapted from concept by Professor DCA Candy and Emma Davey, based on the Bristol Stool Form Scale produces by Dr KW Heaton, Reader in Medicine at the University of Bristol. © 2000 Norgine Limited.



**When nature needs a nudge™**