



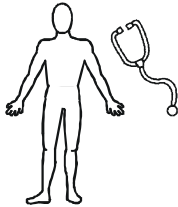
Bowel and
Bladder
Awareness



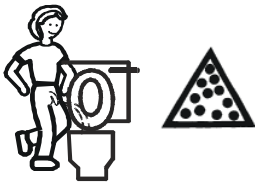
Bladder Awareness



Know what is normal for you.



See your doctor if:



You are peeing more often than usual.



It hurts when you pee.



You are finding it difficult to pee.



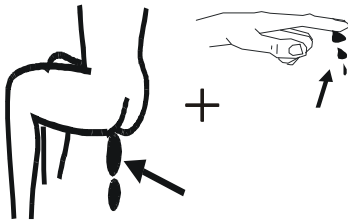
Bowel Awareness



See your doctor if your
poo is hard and it hurts
to go.



See your doctor if your
poo is runny.

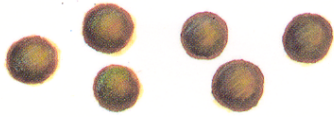



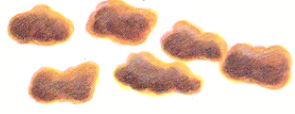
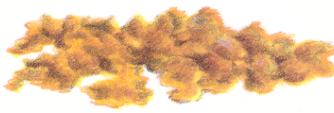



See your doctor if you
see blood in your poo.



Always wipe your bum
from front to back.

Stool Chart

<i>Type 1</i>		Separate hard lumps, like nuts (hard to pass)
<i>Type 2</i>		Sausage-shaped but lumpy
<i>Type 3</i>		Like a sausage but with cracks on its surface
<i>Type 4</i>		Like a sausage or snake, smooth and soft
<i>Type 5</i>		Soft blobs with clear-cut edges (passed easily)
<i>Type 6</i>		Fluffy pieces with ragged edges, a mushy stool
<i>Type 7</i>		Watery, no solid pieces ENTIRELY LIQUID