



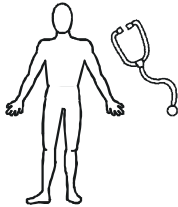
Bowel and  
Bladder  
Awareness



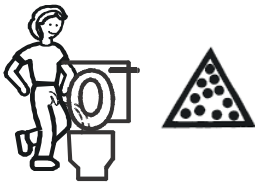
## Bladder Awareness



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.



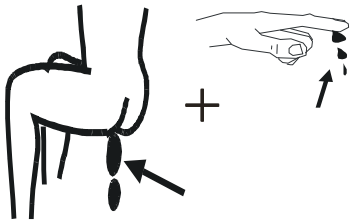
## Bowel Awareness



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



See your doctor if your  
poo is runny.

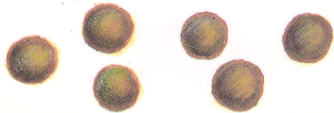



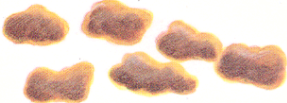
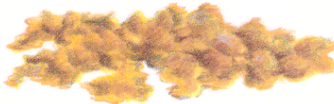



See your doctor if you  
see blood in your poo.



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