

Colour Chart

Check Your Poo



White

Could be something is wrong with your liver, gallbladder or pancreas - see your doctor



YELLOW

Could be you're not digesting fats, e.g. due to taking fat binder supplements or medication (used for weight loss), or conditions such as liver disease, pancreatitis, Inflammatory Bowel Disease (IBD), Coeliac disease, Bile Acid Malabsorption - see your doctor



RED

Could be red food or drinks, e.g. beetroot or red peppers, but if you've not consumed anything red, it could be blood from the lower part of your intestine, e.g. piles (haemorrhoids), a tear, diverticular disease, IBD, bowel cancer - see your doctor without delay



BROWN

Brown is the normal colour of poo because it contains a chemical called stercobilin, which is a waste product of old red blood cells. If the colour is normal, still check your poo for the consistency (*-runny poo through to hard pellets*) and the frequency of having a poo



GREEN

Could be green foods like spinach or kale, but if you've not eaten much of these, it could be due to something else such as a gut infection e.g., food poisoning (*which would usually alter the consistency of your poo and frequency of having a poo* - see your doctor)



BLACK

Could be supplements containing iron, eating liquorice, or using medications like Pepto-Bismol (used for heartburn or indigestion). If none of these apply, it might be older blood from a bleed higher up in the gut. If your poo is tarry, sticky, and smells bad, see your doctor **URGENTLY**

