

WHEN THE "GOING" GETS TOUGH...

...IT'S TIME TO GET TO GO!

MAKE A BOWEL OR BLADDER APPOINTMENT TODAY!



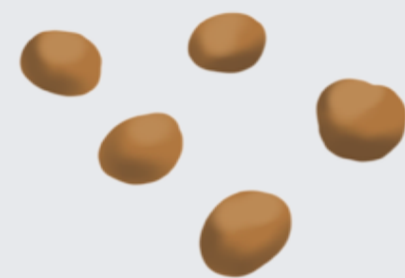
GO!
THERAPY

BRISTOL STOOL CHART
WWW.BLADDERANDBOWEL.ORG
WWW.GOTHERAPYMN.COM

WHAT'S YOUR STOOL TYPE?

1

Separate hard lumps, like nuts (hard to pass)



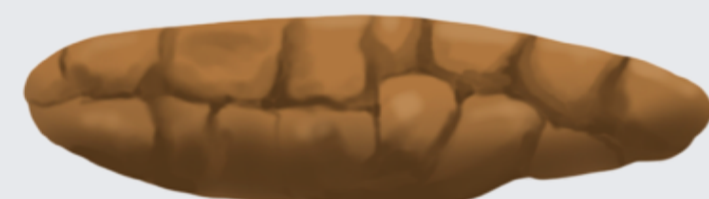
2

Sausage shaped but lumpy



3

Like a sausage but with cracks on the surface



4

Like a sausage or snake, smooth and soft



5

Soft blobs with clear cut edges (passed easily)



6

Fluffy pieces with ragged edges, a mushy stool



7

Watery, no solid pieces, entirely liquid

