



BOWEL NORMALS

To know if your bowel is functioning the way it should be functioning, it is important to know what is considered normal bowel function.

Here are some quick facts about normal bowel function.

Please note: these are normal values for people without diseases that may impact the bowel like coeliac, ulcerative colitis, IBS etc.

FREQUENCY OF POOS

It is normal to have a bowel motion between 3 x a week and 3 x a day.

POO CONSISTENCY

It is normal to have poos that are formed but soft like a soft sausage.

BOWEL BEHAVIOUR

Your bowel should give you a signal to go in the anus when poo arrives.

You should be able to get to the toilet easily without needing to rush.

When properly seated and with the right mechanics, poos should exit easily.

You should feel empty after doing a poo.

You should not leak gas, liquid or formed poos.

COLOUR OF POO

The colour of poo should be brown. Certain foods can change the colour, but any severe changes in the colour that is not food related is not normal.



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USE THE QUESTIONNAIRE BELOW TO DETERMINE YOUR OWN BOWEL HEALTH

Do you have any of the following symptoms?

Yes

No

I have to strain to get poo out

☐☐

I My poo is lumpy or hard most of the time

☐☐

I don't feel empty after pooing

☐☐

I feel like something blocks my poo from exiting

☐☐

I need to manually help my poo exit my body

☐☐

I have less than 3 bowel motions a week

☐☐

I have more than 3 bowel motions a day

☐☐

My poo consistency has changed recently

☐☐

I leak gas / liquid / formed poo

☐☐

If you answered **YES** to any of these questions, you might have a bowel problem that can be addressed.

Please discuss this with your doctor.
You can take this questionnaire with to help you start the conversation.

