

# What the colour and form of our stools reveal

It is worth taking a look at your own excrements. Based on their colour and form, you can learn a lot about your own health.

## Shape and consistency



### Liquid, without solid components

Diarrhoea. Your body is losing a lot of water. Make sure to drink enough. A doctor's visit is only advisable if the diarrhoea lasts longer than three days, is very severe or is accompanied by abdominal pain or fever.



### Sausage-shaped and smooth

Here too: everything is as it should be.



### Sausage-like excrement, lumpy sausages

Fluid is also lacking here. Make sure that you drink enough.



### Soft, smooth-edged lumps

This is perfectly fine if you have to go to the toilet several times a day.



### Pellet-shaped stools that are difficult to pass

You are suffering from constipation. Your body is lacking fluid. Perhaps you have eaten insoluble fibres such as cereals or legumes.



### Sausage-shaped with cracks

Everything is in the normal range.



### Soft lumps with an irregular edge

After an especially high-fat meal, the body excretes undigested dietary fats and oils. This may be a possible cause of soft stools. Should you regularly experience this kind of bowel movement, you should have your bile and pancreas examined by a doctor.

## Colour



### Brown

All good. The brown colour is caused by our brownish digestive juices.



### Grey or clay-coloured

Be careful, this indicates a lack of digestive juices. You may be having problems with your bile. See a doctor.



### Yellow

Have you eaten a lot of carrots? In connection with diarrhoea, however, a yellow colour points to an intestinal infection. Is your excrement also greasy and smelly and does it float on the surface of the water? This may indicate problems with your pancreas. Go to your doctor.



### Black or dark brown

A very dark colour can point to bleeding in the upper gastrointestinal tract. However, our diet also plays a role: beetroot, spinach, dark chocolate and coal or iron preparations can darken our stools.



### Green

Green vegetables are often responsible here. Green diarrhoea, on the other hand, indicates an intestinal infection.



### Red

If you have eaten beetroot or cranberries, there is no need to worry. Otherwise, it is likely to be blood: you should go to your doctor immediately.