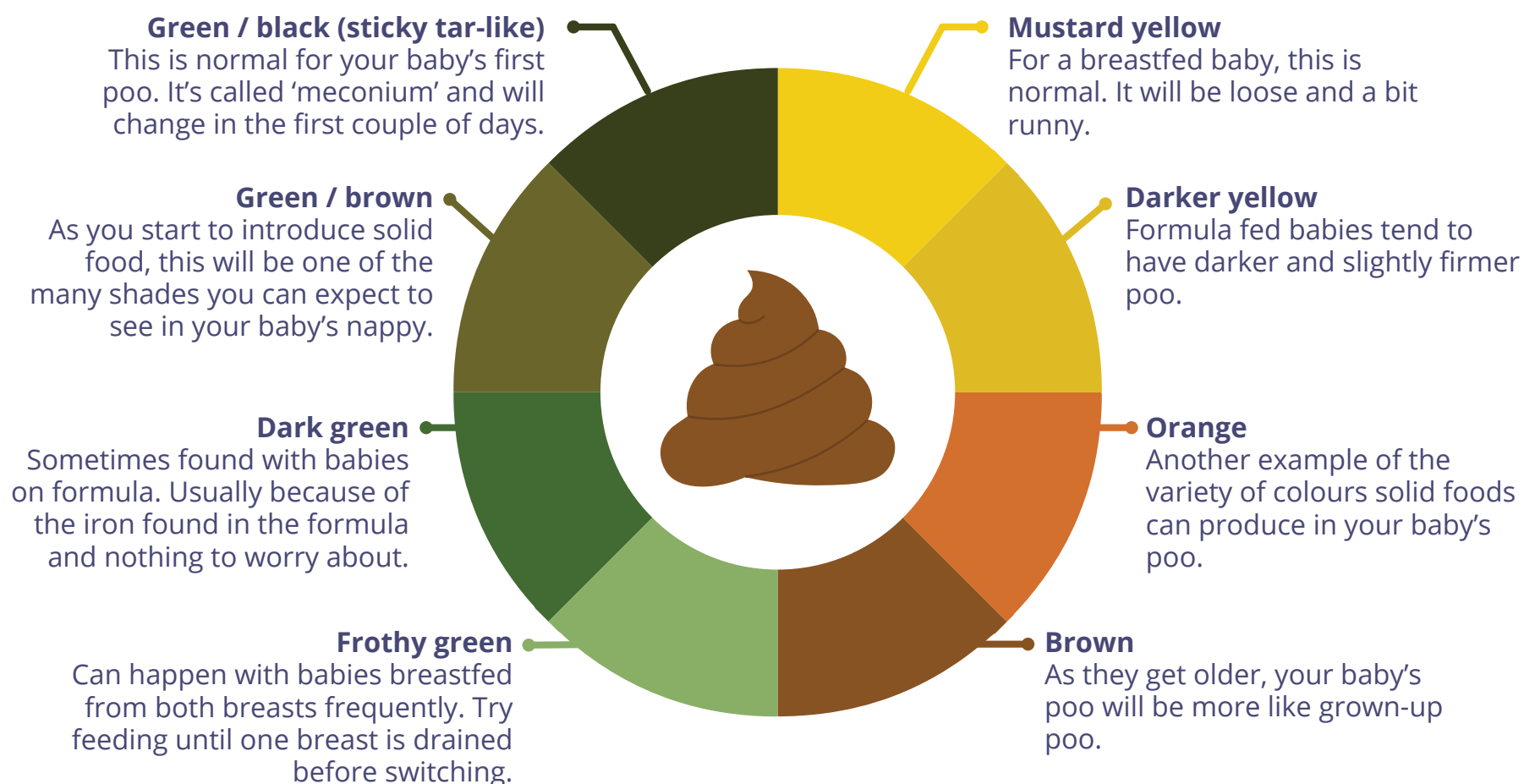


# Baby poo colour chart

There is a variety of colours and textures when it comes to baby poo. It will depend on their age, whether they are breastfed or formula fed, and if they have started on solids.



## Constipation

Signs of constipation can include:

- a hard and dry poo
- a firm and pebble-like poo
- your baby being upset
- poo with a streak of blood



## Diarrhoea

Signs of diarrhoea include:

- a watery poo
- more poo than usual
- baby is also unwell, particularly vomiting
- baby doesn't want to feed

**If your baby is either constipated or has diarrhoea, visit your doctor or child health nurse.**



If you see any of the following types of poo in your baby's nappy, see your doctor and take a sample or the nappy with you.



**Red** - Blood in your baby's poo could be from constipation, if mum has cracked or bleeding nipples, or due to something more serious.



**Chalk white** - White or grey poo is not normal and could be a sign of a liver problem.



**Black** - Baby poo should only be green or black during the first few days; after that it could be a sign of something more serious.