



# Poo-Torial

## What is your poo telling you?

Your poo is an indication of your health. It's important to check your poo, and talk to your doctor about anything unusual.

Guts UK's **online tool** tells you what the colour, consistency and frequency of your poo could mean.



[www.gutscharity.org.uk/poo-torial](http://www.gutscharity.org.uk/poo-torial)



## IT'S TIME THE UK GOT TO GRIPS WITH GUTS

[www.gutscharity.org.uk](http://www.gutscharity.org.uk)

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