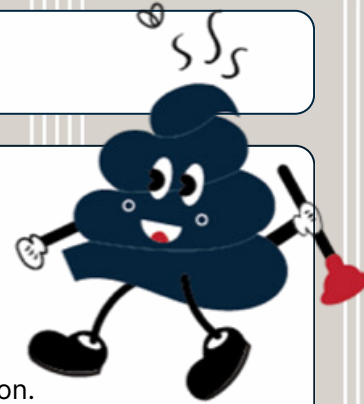
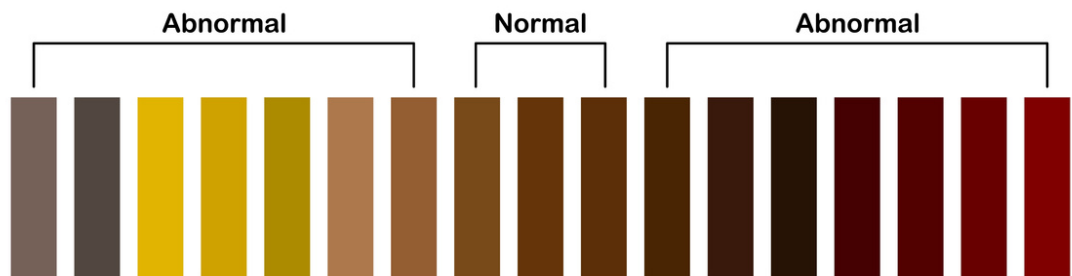


POO PALETTE



Stool color is generally influenced by what you eat and is normally brown due to a pigment called bilirubin. Bilirubin is made in the liver and as the stool travels through your body (gastrointestinal tract) it is chemically altered by enzymes, changing the pigments from green to brown.

Consult your health care provider if you're concerned about your stool color. If your stool is bright red or black - which may indicate the presence of blood - seek prompt medical attention.



Stool Quality	What it may mean	Possible dietary causes
Green	Food may be moving through the large intestine too quickly, such as due to diarrhea. (bile doesn't have time to break down completely.)	Green leafy vegetables, green food coloring, such as in flavored drink mixes or ice pops, iron supplements.
Light-colored, white or clay-colored	A lack of bile in stool. This may indicate a bile duct obstruction.	Certain medications, such as large doses of bismuth subsalicylate (Kaopectate, Pepto-Bismol) and other anti-diarrheal drugs.
Yellow, greasy, foul-smelling	Excess fat in the stool, such as due to a malabsorption disorder (example: celiac disease.)	Eating orange or yellow foods (such as turmeric or sweet potatoes) or the protein gluten (in breads and cereals). Can happen after gallbladder surgery. See a doctor for evaluation.
Black	Bleeding in the upper gastrointestinal tract, such as the stomach.	Iron supplements, bismuth subsalicylate (Kaopectate, Pepto-Bismol), black licorice. Seek medical attention if these don't apply.
Red	Bleeding in the lower intestinal tract, such as the large intestine or rectum, often from hemorrhoids.	Red food coloring, beets, cranberries, tomato juice or soup, red gelatin or drink mixes can turn stool red. If, streaks of blood outside the stool, or drops of blood in the toilet - seek a doctor for medical attention.

Source: <https://www.nationwidechildrens.org/family-resources-education/700childrens/2017/04/the-poop-palette-what-do-all-of-those-colors-mean>,
<https://www.mayoclinic.org/stool-color/expert-answers/faq-20058080>