

# Stool Test

## HOW TO TELL IF ONE HAS A GOOD STOOL

- Is it soft, firm?
- Color... is it light brown, medium?
- Is it free from foul smell and odors?
- Does it float?
- Do you have to strain?
- Does elimination take place 15-20 minutes after a meal?
- Is it 5 to 7 inches long?
- Is it 1 to 1-1/2 inches in diameter?
- Is it banana shaped?



## STOOL INVESTIGATION

- Bright red blood means that the blood is from the anus. It could be from an internal hemorrhoid or from a fistula or other rectal problem.
- Dark red blood has come from farther up in the digestive system... it could mean ulcers or colitis in the splenic flexure area.
- Blackish-red blood indicates ulceration and bleeding around the hepatic flexure.
- Blood totally black in color could be from the stomach.
- High protein diets with mostly meat produce a dark colored stool. Spinach and other vegetables containing chlorophyll can stain stools green; dark colored food such as blackberries or cherries will stain the stool a darker color.
- Yellow or orange stool indicates insufficient bile and is mixed with intestinal contents, or a sign of jaundice or liver disease. Carrot juice can also make stools turn orange color.
- A reddish wine colored stool can be caused from eating beets.
- Iron medication or anemia could cause slate grey or blackish stool.
- Excess protein stool is black.
- Very dark, olive blue stool may indicate a diet too rich in protein and fat – too much putrefaction within the bowel.
- Dark, hard, offensive smelling stool may indicate very severe bleeding high in the intestinal region. It may come from an ulcer in the stomach, duodenum, colitis, or Crohn's Disease.
- Grey or chicken soup-like stool can indicate liver or gall bladder trouble.
- A hard, black stool means constipation.
- Flat and thin-like stool indicates an obstruction in the lower part of the bowel or spastic colitis (usually around the splenic flexure of sigmoid area).
- A stool with many small bubbles (bead-like) shows fermentative conditions.
- A slick, slimy stool could be caused from jaundice.

A normal stool has no odor. If it is offensive smelling, then a lot of putrefaction and rotting has occurred and there is a digestive problem, which could include constipation or improper food combining. Bacteria, both dead and alive, usually constitute a quarter to half of the dried feces. Stools should normally be soft, a medium brown color and should float.

# STOOL STATUS CHECK (regularly)

Hard  Firm  Soft  Loose  Smooth  Cracks

Shape \_\_\_\_\_

Length \_\_\_\_\_ Width \_\_\_\_\_

Hard  \_\_\_\_\_ Firm  \_\_\_\_\_

Does it have bubbles on it? Hard  Firm

Excretion Effort: Slides Out  Must Push  Forcefully

## Regularity

How often and when? \_\_\_\_\_

Color:

Light  Medium  Dark  Black  Mucus   
Strong Odor  Blood  Fluid  Jelly-like

Gas:

Excessive  Belching  Heartburn  Pressure on Chest

Anal Itching:

Continuous  Intermittent

Protruding Rectum:

Continuous  Only after a bowel movement

Frequent or constant urge for a bowel movement?

Please read my Spoiled Rotten Booklet for more details.

