

IS YOUR BABY'S POOP NORMAL?



A SIMPLE GUIDE TO COLOUR, TEXTURE AND WHEN TO GET HELP

CREATED BY CANDACE HAGER, REGISTERED NURSE, MIDWIFE & MOM

Baby poop changes with age, feeding, iron, medication and solids. Most changes are normal.

LOOK AT THE COLOUR

NORMAL



YELLOW



GREEN



TAN



BROWN

Normal in the first few days



BLACK + STICKY

This is meconium, your baby's first poop. It is made up of substances swallowed during pregnancy. It should gradually change to green, brown and then yellow as your baby begins feeding and clears the meconium.

NOT NORMAL



BLACK OR TAR-LIKE

After the first few days: contact your doctor promptly. Check in bright light first – dark green can look black.



RED OR BLOODY

Blood should not be ignored. Contact your doctor promptly. Take a clear photo; bring the sealed nappy if requested.



WHITE, PALE GREY OR CHALKY

Not a normal colour. Contact your doctor promptly, especially if it happens again or baby's skin or eyes look yellow.

LOOK AT THE TEXTURE

NORMAL

- SOFT
- LOOSE
- SEEDY
- PASTE-LIKE

UNUSUAL

- HARD
- DRY
- PELLET-LIKE
- Watery

AT HOME CARE



WATERY STOOLS

Continue breastfeeding or formula feeding. Offer smaller, more frequent feeds and monitor wet nappies closely.



HARD STOOLS

Crying, stiffening, arching, hard pellets or a streak of blood may mean it is painful. Straining with soft poop can be normal.

DO NOT

Dilute or change formula, or give water, juice, anti-diarrhoea medicine, laxatives or suppositories unless advised by a healthcare professional.

HOW FEEDING AFFECTS YOUR BABY'S POOP



BREASTFED

Soft, loose, mustard-yellow or seedy.



FORMULA-FED

Thicker and paste-like. Yellow, tan, brown or green.



STARTING SOLIDS

Thicker, darker and smellier. The colour may match something your baby ate.



IRON

Iron-fortified formula or supplements may make poop dark green.

WHEN TO GET MEDICAL HELP

CONTACT A DOCTOR



BLACK OR TAR-LIKE

After the first few days



RED OR BLOODY

Blood appears in the nappy



WHITE, PALE OR CHALKY

Even if your baby seems well



HARD OR PELLET-LIKE

Dry or painful to pass



SUDDENLY WATERY

Or much more frequent



FEEDING POORLY

Or fewer wet nappies

Note: Take a clear photo of the nappy or take it with you to the Dr.

GET URGENT HELP



VERY SLEEPY OR FLOPPY

Difficult to wake



REPEATED VOMITING

Or green vomit



PAINFUL OR SWOLLEN TUMMY



REFUSING FEEDS

Or noticeably fewer wet nappies



LARGE AMOUNT OF BLOOD

In the poop



BABY LOOKS SERIOUSLY UNWELL

TRUST YOUR GUT – IF SOMETHING FEELS WRONG, SEEK URGENT MEDICAL HELP.

