Poop colour chart

What each stool colour can mean, and when to get help.

Colour	Often from food or medicines	Can also mean
 **Brown** any shade	What you eat, and bile, which turns from green to brown in the gut	The usual colour
Green	Leafy greens, green food colouring, iron supplements	Food passing through quickly, as with diarrhoea
Yellow, greasy	Fatty or deep-fried food	Fat not absorbed well, as with coeliac disease
Black	Iron, bismuth (Pepto-Bismol), black liquorice	Bleeding in the stomach or upper gut: get help urgently
Red or dark red	Beetroot, cranberries, tomato juice or soup, red food colouring	Bleeding lower down, often from piles
Pale, white or clay	Antacids with aluminium hydroxide, bismuth, barium for X-rays	Not enough bile, as with a blocked bile duct

Get help urgently if

- Your poo is black or dark red, or you have bloody diarrhoea: ask for an urgent GP appointment or get help from NHS 111.
- You're bleeding non-stop, or there's a lot of blood (the toilet water turns red or you see large blood clots): go to A&E or call 999.
- Your skin or the whites of your eyes look yellow, perhaps with darker pee and paler poo: ask for an urgent GP appointment or get help from NHS 111.
- Your baby is over 24 hours old and their poo is a pale creamy colour: ask for an urgent GP or midwife appointment or call NHS 111, and keep a sample of poo to show them.

Write it down

Note the date, the colour, and any food or medicine in the day before. A pattern is easier to show than to remember.

Date	Colour	Food or medicine the day before

Sources: Mayo Clinic, Stool color: When to worry (2024). NHS, Bleeding from the bottom (2023); Jaundice (2024); Jaundice in babies (2026). General information, not medical advice. Talk to a doctor or nurse about your own symptoms.

Free from stoollog.com/blog/stool-colour-guide