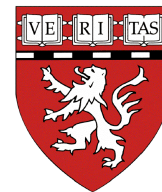


The Poop Group

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Disclaimers

Some info may not apply to you

Please share what you learn with others

Be respectful of each other's privacy

Facts of life

Things we have to do:

Eat/drink

Breathe

Sleep

Poop and pee

Pooing can be hard for anyone

Mix of automatic and strategic processes

Bathroom Habits Group

- Tasks without beginning or end
- Uncertainty: Have I done “enough”?
- Maintenance tasks
 - Routinized not Ritualized
- Use rhythms instead of rules

**“Normative” information about
bathroom habits**

Every body poops

How often?

What's it like?

Color, shape, texture, smell

Density

How Often?

2-3 times per week

OR

2-3 times per day

Poop Factors

Balance

- Diet – fiber
- Hydration
- Exercise
- Timing

Speed

- Caffeine
- Anxiety/Stress
- Medications

Colors

- Depends on what you eat
- Green, yellowish brown, brown, reddish

- Bright red – bleeding near rectum
- Black – iron, pepto
 - Bleeding further upstream (tar-like consistency)

- Whitish grey, floating, bad smell

When am I done?

Pushing, wiping, and other
mysteries of the pooping process

What if I have messy bowel movements?

- Use a light touch
- Fiber supplements (e.g., Metamucil)
- Anxiety/IBS
- Hemorrhoids – internal vs external
- Medical conditions
- Prolapsed rectum

It's easy to get caught up in the moment. How do you break out?

Read aloud

Poo in public

Set limits

Do a dry run

Change your technique

Develop a rule and follow it - "three wipes, you're out"

Using the WIP scale – Stop when you wipe twice at #3

Follow best medical practices

Be HUMAN, not perfect

Five steps to building a better BM

Eat
Drink
Be merry

Posture
Approach

