What goes in must come out.

Checking your puppy's poo isn't glamorous, but it's one of the easiest ways to keep an eye on how they're doing. Here's what's normal, and when to get advice.



What good looks like

Too hard	**Just right**	Too soft	Runny
dry, crumbly pellets	firm, log-shaped, easy to pick up	loses its shape when picked up	puddles, can't be picked up

Healthy puppy poo is usually chocolate brown and a little squidgy. Puppies often go 3 to 5 times a day, usually soon after eating.

1 Expect a few wobbles

A new home, new food, worming treatment or a bit of excitement can all mean softer poos for a day or so.

2 Don't overdo portions

Too much food is one of the most common reasons for loose poos in puppies. Stick to the feeding guide and keep treats small.

3 Change food gradually

Mix new food in over 7 to 10 days so their tummy has time to adjust.

4 Skip the table scraps

Rich, fatty or unfamiliar human food can upset a puppy's tummy. Keep to their own food and treats.

5 Keep up with worming

Puppies need regular worming and flea treatment. Your vet will recommend a plan for their age and weight.

6 Poo eating is common

Lots of puppies try it (yes, really). Pick up straight away and reward them for coming to you instead.

Call your vet if

- diarrhoea lasts more than a day, or they're being sick too
- you see blood, or poo is black and tar-like
- they seem quiet, floppy or are off their food
- they're straining but nothing's coming out
- you spot worms (they can look like grains of rice or spaghetti)
- your puppy isn't fully vaccinated and has diarrhoea

Puppies can go downhill quickly, so if in doubt, give them a call.

This guide is general advice for new puppy owners. Every puppy is different, so if you're ever worried, your vet is the best person to ask.