

## Newborn baby poo: what to expect

Find out what you can learn from your baby's nappies and what might be cause for concern



*If your baby is growing well, and the poo they produce is soft, you don't need to worry*

The contents of your baby's nappies will change day-by-day at first. These changes will help you know if feeding is going well in the first weeks. The colour, texture and frequency will also tell you a lot. Here we look at what you might expect to see in your baby's nappies in the early days and weeks. Always talk to your midwife if you have any concerns.

### On days one to two



**Wees:** Two or more per day.

**Poos:** One or more per day. Poo at this stage is called 'meconium' or 'mec' for short and is very dark green/brown/black and sticky. It's already in the bowel at the time of birth.

### On days three to four



**Wees:** Three or more per day. The amount of wee increases and the nappies feel heavier than before.

**Poos:** Two or more per day. The colour changes and looks more green because your baby is taking in more milk and digesting it.

### On days five to six



**Wees:** Five or more heavy nappies per day (see the 'heavy nappy' test overleaf).

**Poos:** At least two soft yellow poos per day. They're yellow because there is no more 'mec' in the bowel.

### Day seven onwards



**Wees:** Six or more heavy nappies per day.

**Poos:** At least two soft yellow poos per day, greater than the size of a £2 coin – not just 'skid marks'. You might notice little seedy particles in it which is fine.



## Common questions

### Q How do I know if my baby is weeing often enough?

**Disposable nappies just absorb the wee.**

- A All babies should produce several heavy nappies every day after about day five. If you use disposable nappies, try the 'heavy nappy' test with water so you know what you are looking for.

Pour three tablespoons of water (45ml) into a dry nappy, and pick it up. That's how heavy your baby's nappy will be after the first five or six days. You can also place a cloth inside the nappy, which will stay wet when your baby wees.

If you have any questions about your baby's health just ask your midwife.

### Q Is it OK for my baby not to poo every day?

- A Yes, but this is more likely to happen after the first few weeks. A baby who does not poo for a day or more in the first week or so may be showing you they need to feed more often, or more effectively.

They may also be fine – babies don't always poo everyday. Talk to your midwife if you're worried. Your baby might not be feeding effectively, and they may be weighed to give a better idea of their well being.

### Q How do I know if my baby is constipated?

- A If your baby is very uncomfortable or clearly in real pain, and their poos are small and hard, then they might have constipation. This is very rare in babies who are solely breastfed, but not uncommon in babies who have formula. Ask your health visitor or the chemist for advice on treatment.

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The guidelines in this information sheet apply to all babies, whether they're breastfed, formula fed or both. However, a formula fed baby's poos may be less soft and less frequent, compared with a breastfed baby's of the same age.

Some babies get to the 'yellow poo' stage sooner than day five or six and that's OK. It means your baby is feeding effectively, and probably taking in more milk.

After the first week babies will continue to wee and poo several times each day for the first few weeks.

After that time, some (not all) babies poo much less often. Breastfed babies may go many days without producing any poo at all – that's normal, too. As long as your baby is growing well, and the poo they produce is soft, you don't need to be worried. Ask your health visitor about this if you need to.

## What else might you see in your baby's nappy?

### False menstruation or pseudo menstruation

This is a very light bleed from the vagina in some baby girls. It's caused by the effects of your hormones on her system, it isn't harmful and it doesn't last for long.



### Urates or 'brick dust'

Urates, sometimes known as brick dust, look like tiny orange or pinkish crystals. They are harmless salts in the urine, and tend to show up in the very early days. Most babies will pass them once only. They can be a sign your baby needs a little help to feed more often or more effectively. Talk to your midwife for more help.



### More information

Find out about your baby's health and development in the parenting section of our website:  
[www.nct.org.uk/parenting](http://www.nct.org.uk/parenting)

## How else could we help during your First 1,000 Days?

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