# Understanding the Phenomenon of Ghost Poops: Insights from Gastroenterologists



**Ghost Poops Explained by Experts**

Ghost poops, a trending topic on TikTok, describe bowel movements that leave no residue in the toilet bowl or on toilet paper. Gastroenterologists like Dr. Sameer Islam and Dr. Felice Schnoll-Sussman explain that ghost poops can occur for several reasons, including the presence of excess air in the colon or well-formed stool that doesn’t mark the toilet. These bowel movements are generally considered normal and can indicate a healthy intake of fiber and hydration. Regularly checking poop is advised to monitor digestive health. Ghost poops have been widely discussed under the hashtag #Ghostpoop on social media platforms.