

## CONSTIPATION



Constipation is when:

- You are not doing enough poo
- Your poo has become hard and is difficult to get out.

You might get tummy ache, your tummy might feel very full or you might feel sick.



Constipation happens if you are:

- Not eating enough fruit and vegetables
- Not drinking enough water
- Not doing enough exercise
- Not sitting on the toilet for long enough
- Putting off going to the toilet when you need a poo



Some medication can cause constipation such as

- Epilepsy medication
- Iron tablets
- Pain relief tablets

If you think your tablets are making you constipated speak to your doctor.

Do not stop taking your tablets unless your doctor tells you to.





To stop you from getting constipated you need to:

- Eat high fibre foods, such as fruit and vegetables, pulses, wholegrain cereals such as Weetabix, porridge or brown bread
- Eat meals at regular times
- Drink pure Fruit juice such as apple or orange
- Try to do a poo every day
- Drink 6-8 drinks of water or sugar free squash every day



You must tell your doctor if you find it hard to do a poo for more than three days.

Your doctor can give you some medicine to help you go to the toilet (open your bowels).



You must take any medication that your doctor gives you.