



What is constipation?



Managing Constipation Learning Disability Matters



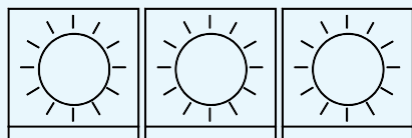
When you cannot poo



This is called constipation.



This may make you feel poorly.



3 days

If you have not had a poo for 3 days you should tell your family, carer, doctor or nurse.



If you have trouble pooing and then your poo is very runny you may be constipated.



You should go and see the doctor
It could save your life.



When you can not poo:



You may not feel hungry.



You may feel sick, have a tummy ache or have a big hard tummy.



You may find poo marks in your pants or underwear.



You may feel different and not well.



You may have blood in your poo.



You may not poo as much or it may be hard to poo.



Medication



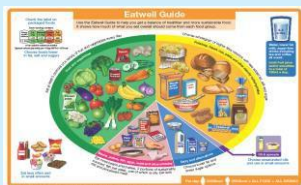
Some people take medication to help them poo. These are called laxatives.



Do not stop taking your medication or laxatives without talking to the doctor.



You can ask the doctor if any of your medication makes it harder for you to poo or may cause constipation.



Things that will help you poo



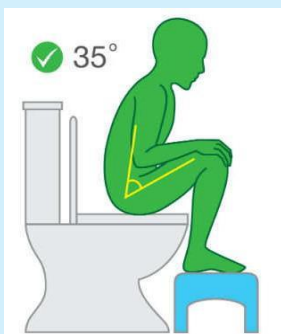
Try and drink 6 to 8 glasses of water a day.



Eat healthy foods with lots of fibre like fruit and vegetables.



Keep active.



When you sit on the toilet:

Relax

Put your feet on a stool

Lean forwards

