



Care Plan



Managing Constipation Learning Disabilities Matters

Care Plan to Promote Healthy Poo for:

Name:

Date plan agreed:



I have a bowel condition which can cause severe constipation and this advice is vital to keep me well.

☐

Constipation

☐

Haemorrhoids

☐

Irritable bowel disease

☐

Diarrhoea

☐

Diverticulitis

☐

Other

☐

Crohn's

☐

Rectal prolapse



One of the ways my condition can be kept under control is by eating healthy. I need to eat foods **high in fibre**:



Fruit



Brown bread



Cereal



Vegetables



Soups



Salad



I need to drink 6-8 glasses of fluids a day
(water is best)

Tea



Milk



Juice 1 glass a day

Coffee



Water



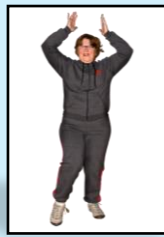
Squash



I need to be active every day



Walking



Keep fit



Swimming



Gym



House work



Dancing

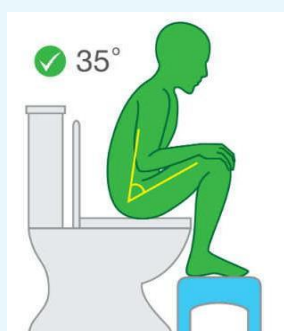


I may need regular reminders to go to the toilet

I usually go to the toilet every days



Thank you for thinking about my privacy, but it is more important that you keep a BOWEL CHART



I might find it easier to go to the toilet if I put my feet on a low footstool when sitting on the toilet.



Medication

Please make sure I take the laxatives the doctor prescribes for me:



Lactulose



Movicol



Dulcolax

Senokot



Fybogel



Other

If I have a runny or liquid poo, and I haven't been to the toilet for 3 days, this may be constipation and NOT diarrhoea. Please **DO NOT STOP** my medication as I will get constipated again quickly.



Symptoms of diarrhoea:



Stomach/tummy cramp



Stomach/tummy pain



Vomiting



Going to the toilet a lot and passing loose, watery poo.



Rushing to go to the toilet



Warning signs I haven't been for a poo:



If I haven't been for a poo for 3 days then follow my Management Care Plan:



Symptoms when I am constipated can include:



Stomach/tummy ache



Nausea/feeling sick



Tummy may become larger (distended)



Runny poo in my underwear.



I may behave differently when I am constipated and can't tell you what is wrong with me.

Other:

**IF I HAVEN'T HAD A POO AFTER 3 DAYS PLEASE TAKE ACTION
IT COULD SAVE MY LIFE.**