



Quick guide to constipation



Constipation can make you very ill and can cause death.

Some of the causes of constipation are:



Some types of medications.

You can talk to your doctor about this.



Not doing enough exercise.

Keep yourself moving.



Eating a poor diet and not drinking enough.

Have more fibre and drinks.

Have a hot drink when you wake up.



Having poor posture.

You can talk to your physio about this.

Bristol Stool Chart

Type 1		Separate hard lumps, like nuts (hard to pass)
Type 2		Sausage-shaped but lumpy
Type 3		Like a sausage but with cracks on its surface
Type 4		Like a sausage or snake, smooth and soft
Type 5		Soft blobs with clear cut edges (passed easily)
Type 6		Fluffy pieces with ragged edges, mushy stool
Type 7		Watery, no solid pieces, ENTIRELY LIQUID

Check that your poo is normal.

You can talk to your doctor about this.



You can make it easier to have a poo using a little stool to put your feet on.

Pictures by Photo symbols and widget 2019

Acknowledgement to Bradford District Care NHS Foundation Trust and Black Country NHS Trust