NHS

Trouble pooing (constipation)

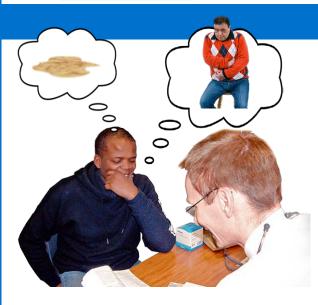




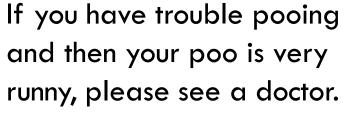
This information is for people with a learning disability.



Having trouble pooing (constipation) can make you ill.



If you have not had a poo for 3 days it is important to speak to your family or carer, or a doctor or nurse.





It could save your life.



Top tips for healthy pooing



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



Drink lots of water. Try and have 6 to 8 glasses of water a day.



Do exercise and move a lot.



How to sit on the toilet-

- Relax
- Put your feet on a box
- Lean forwards.

Signs of trouble pooing





Not feeling very hungry



 feeling sick, having tummy ache or having a big, hard tummy



poo in your pants or knickers (underwear)



feeling different from usual



You see blood in your poo





not pooing as much

it is hard to do a poo.







Some people take medicines called **laxatives** to help them poo.



Do not stop medicine (laxatives) without talking to your doctor first.



Ask the doctor if any of your medicines make it harder for you to poo.