

Trouble pooing (constipation)



Top tips for healthy pooing



This information is for people with a learning disability.



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



Having trouble pooing (**constipation**) can make you ill.



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



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.



Do exercise and move a lot.



If you have trouble pooing and then your poo is very runny, please see a doctor.

It could save your life.



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.

Medicines

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.