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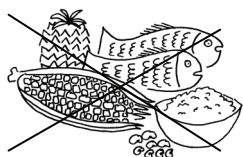
With acknowledgment to Change Picture Bank

What is Constipation?





You get constipation when you are not doing enough poos or your poo has become hard and is difficult to get out.



Constipation happens if you are

X Not eating enough fruit and vegetables



X Not drinking enough

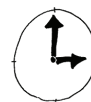
X Not sitting on the toilet for long enough



X Putting off going to the toilet when you need a poo

X Some medication can cause constipation e.g.

- anti-epilepsy
- iron tablets



If you are constipated you should.....

- ✓ Eat more fruit, vegetables, wholemeal pasta and bread.
- ✓ Eat meals at regular times.
- ✓ Try to do a poo each day.
- ✓ Have 6-8 drinks per day that have water in them.
- ✓ Do more exercise.



Your Doctor could give you some medicine to help you go to the toilet if things do not get any better.