

You can contact your Nurse on:

Telephone: 01254 735222

Email: bladderandbowelservice@elhtnhs.uk

FURTHER INFORMATION

NICE (National Institute For Health and Clinical Excellence) make several recommendations and you can view their website *for more information: www.nice.org.uk*

Bladder and Bowel UK work as part of Disabled Living Manchester and provide impartial advice and information. You can view their website for more information www.bladderandboweluk.co.uk.

Telephone phone 0161 214 4591
ERIC (Education and Resources for Improving Childhood Continence). Their website is www.eric.org.uk
Freephone 0808 1699 949

CONSTIPATION



Bladder and Bowel Service

W: www.elht.nhs.uk

@ELHT.NHS

@ELHT_NHS

Author	Bladder and Bowel Service
Date of issue	August 2022
Version number	3
Review date	March 2024
Document ID	BBS ???

Your Name: _____

Your Nurse's Name: _____

Your Nurse's Telephone Number:
01254 -735002

Safe | Personal | Effective

This booklet is to help young children understand about constipation and soiling (having poo accidents in their pants).

It explains why it happens and what can help things yet better

It is important to remember that if a child is soiling they may have been constipated for many months without anyone knowing.

This problem can be helped.

Treatment often takes a while to work. It should be continued for a long time (often more than 12 months) to stop it happening again

What else can I do to help?

Decide which is the best time to sit on the toilet every day to try and do a poo. After every meal is best

Keep a record of when you do a poo on the toilet so that you can tell the person helping you to get better (your Nurse).

Work out with your mum, dad or whoever looks after you what you need to do with any pants that have sneaky poo in them

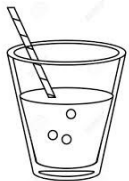
There are lots of things that you can do to help things get better.

Do you know what they are?











Its is important to **talk** about the problem of **constipation** and **soiling**

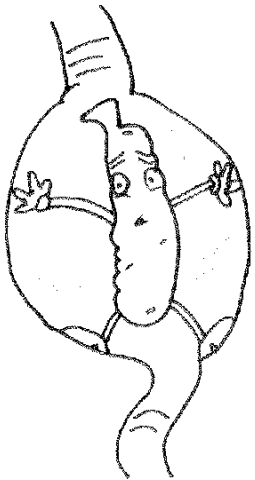
Do not keep it a **secret**

Where does poo come from ?

Everybody needs to poo and wee. All your friends, your Mum, Dad, Granny, Granddad and even famous footballers and pop stars!

When we eat, there is always some part of the food your body gets rid of

Your body gets rid of this part of the food. That is poo!



Poo sometimes get “stuck” in your bottom

Why does poo come out its self onto my pants ?

When you get constipated, the poo sits in your bottom instead of coming out into the toilet. This poo gets bigger and harder and eventually “wedges” open the top bit of your bottom. This top bit is like a “special door “ which keeps all your poo inside until you sit on the toilet!

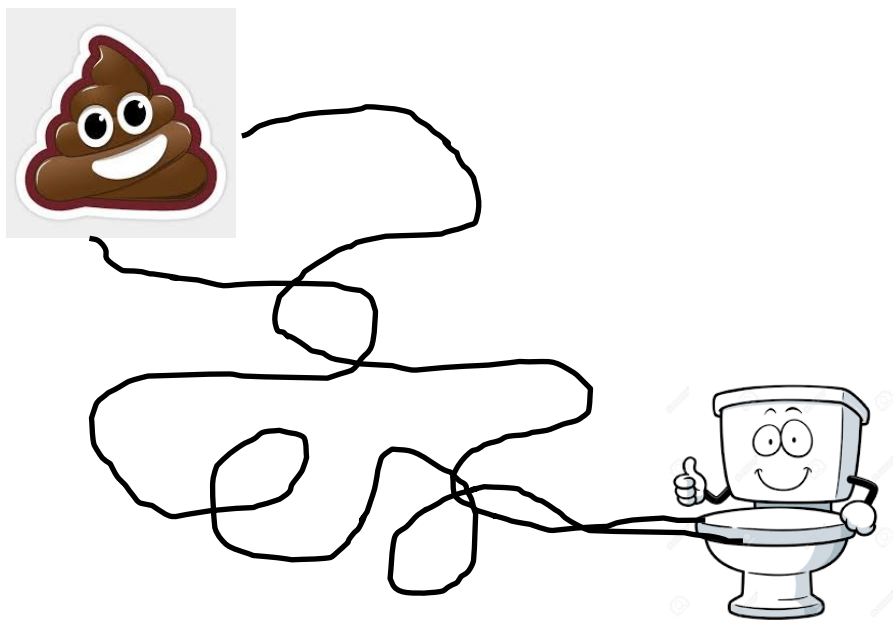
There is a bendy bit at the end of your bowel which also helps to keep the poo inside. When you are constipated, the poo sitting in your bottom keeps this bendy bit of your bowel straight so that the squidgy poo higher up can squeeze past into your pants ('sneaky poo!').

This happens without you doing anything
remember—it's not your fault!



Constipation means that it is difficult for your poo to come out?

Where does poo want to get to ?



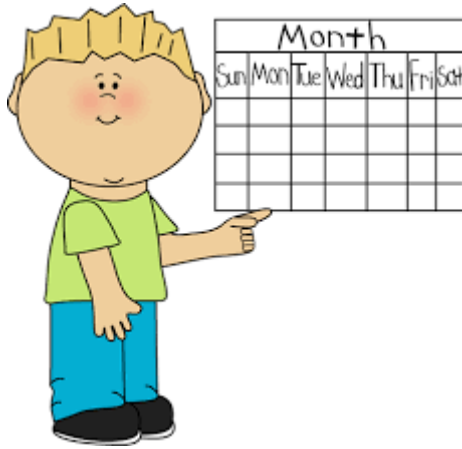
What is constipation ?

Constipation means that you are not doing enough poos (we need to do at least 3 poos per week), or that your poo has become hard which can make it difficult to come out.

How does constipation happen?

We don't always know why constipation happens, but we do know what things can make poo hard:

- Not eating enough fruit and vegetables;
- Not drinking enough;
- Not sitting on the toilet for long enough;
- Putting off going to the toilet when we need to poo.



Try to do a poo every day

Remember to fill in any charts you have been given, or write it on your calendar.

Take the chart or calendar with you to your next appointment to show your Nurse

How can I stop soiling?

We need to get rid of the poo that is sitting in your bottom as that is causing all the problems!

You can help this by:

- Making sure that you sit on the toilet regularly and try to have a poo every day.
- Make sure that you use the correct sitting position to have a poo and use a footstool if your feet aren't flat on the floor.
- Sitting on the toilet for about 5-10 minutes and try to "push" the poo out (after each meal is best).
- Not holding on if you feel you need to poo!
- Drinking 6 to 8 water-based drinks every day.
- Eating more fruit and vegetables.
- Having lots of exercise.
- Taking medicine, called "laxatives".