

Constipation Self Help Measures

- Have 6 to 8 drinks spread throughout the day, limit milk drinks to 1-2 per day
- Eat plenty of fruit and vegetables to prevent constipation



- Sit on the toilet **20 minutes after meals** for 5-10 minutes
- Blow bubbles while sat on the toilet
- Sit comfortably on the toilet using inner seat and step



- Encourage child to clean themselves



- Reward for sitting on the toilet



- Fill in bowel chart



- Give medication as prescribed
- **DO NOT STOP TAKING MEDICATION WITHOUT TALKING TO NURSE OR GP**



Further Information available from: www.eric.org.uk

Search YouTube 'The Poo Nurses', 'The poo in you', 'Poo Video 2', The Poo Song by The Trees
Poo goes home to Poland app

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