

Constipation

What is constipation?

Constipation is when you are not doing enough poos or when you find it hard to do a poo.



What is having constipation like?



You find it hard to do a poo.
You don't poo very much.

You feel a bit sore when
you do a poo.



You get a tummy ache.

Constipation

What helps constipation?



Drinking lots of water every day.



Eating some fruit, vegetables, brown bread or cereal every day.



Doing some exercises.



Making sure you do a poo in the toilet when you need to.

Constipation

What to do if you think you are constipated?

If you think you might be constipated ask someone you trust for help.



Make an appointment to see your GP. You can ask someone to help with this.

If your GP thinks you have constipation, they may tell you to go to the chemist for some tablets or medicine.



The tablets or medicine for constipation are called laxatives. Ask your chemist if you need more information about the laxatives.

Constipation

The laxatives should help the constipation get better after a few days

Your GP will tell you when to stop taking the laxatives.

They will tell you if you need to keep taking them.



Getting help

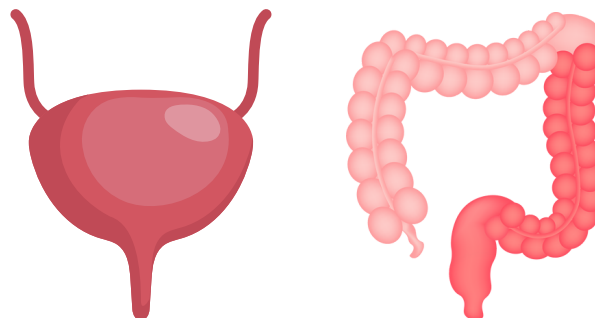
Lots of people have constipation.



If you think you have constipation, ask for help.

Constipation

Bladder & Bowel UK is an organisation that helps people who have a bladder or bowel problem such as constipation.



There are other easy read booklets about 'Going to the doctor' and 'Going to the chemist' which you may find helpful. These are available on the Down's Syndrome website: <http://www.downs-syndrome.org.uk/for-people-with-downs-syndrome/living-the-way-you-want/>

Get in touch



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