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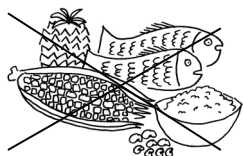
With acknowledgment to Change Picture Bank

## 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

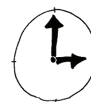
X Not sitting on the toilet for long enough



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.