



Constipation



This booklet explains about 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.

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You get tummy ache.

What helps constipation?



Drinking lots of water every day.

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



Doing some exercise



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

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 you with this.



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

Ask the chemist if you need more information about the laxatives



Your GP will tell you when to stop taking the laxatives



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

Getting help



Lots of people have constipation.

If you think you have constipation, ask for help



Bladder and 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



www.bbuk.org.uk



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