

ADVICE FOR CHILDREN WITH CONSTIPATION

HOW DOES THE BOWEL WORK?

- The food we eat gets mashed around in the *stomach* and turns into a soupy mixture.
- This moves into the *small bowel*, where all the nutrients (the good stuff) are taken out to be used by the body to keep us healthy.
- As it travels along the *large bowel*, water is absorbed and the poo turns into a smooth sausage shape ready to be passed.
- The poo in the large bowel moves along every time the gut muscles squeeze.
- When the poo reaches the *rectum*, the rectum stretches and that sends a message to the brain saying we need a poo.

WHAT CAN GO WRONG?

- If we don't respond to this message, the poo just stays there.
- The gut muscles keep squeezing so more poo arrives, as poo builds up in the large bowel more water is absorbed, and the poo becomes harder and gets stuck.
- Messages are only sent to the brain when the rectum stretches. If it stays stretched, you won't get a new message telling you you need a poo. Very soon you have got a poo traffic jam, also known as *constipation*.

****Constipation is very common in children, it affects 1 in 3 children, even babies. Don't wait for it to get better by itself. TAKE ACTION!**



POO CHECKER

What's your poo telling you?



TYPE 1

Small hard lumps like rabbit droppings.
This suggests severe constipation.



TYPE 2

Sausage shaped, but hard and lumpy.
This suggests constipation.



TYPE 3

Sausage shaped, but hard, with cracks on the surface.
This suggests constipation.



TYPE 4

A soft, smooth sausage - THE IDEAL POO!



TYPE 5

Separate soft blobs
May be fine if the child is well and softer poos can be accounted for e.g. increased intake of fibre or taking laxative.



TYPE 6

A mushy stool
May be fine if the child is well and softer poos can be accounted for e.g. increased intake of fibre or taking laxative.



TYPE 7

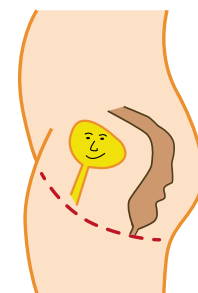
A liquid stool
This could be diarrhoea or overflow.

*Based on the Bristol Stool Form Scale produced by Dr KW Heaton, Reader in Medicine at the University of Bristol.

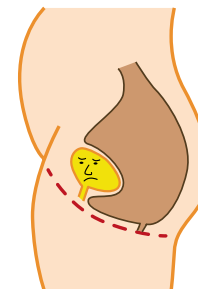
HOW CAN YOU TELL IF A CHILD IS CONSTIPATED?

- Children should pass soft poo every day, or at least every other day.
- Passing types 1 - 3 means poo is sitting in a traffic jam.
- Pooing fewer than 4 times a week also means poo is in a traffic jam.
- Pooing more than 3 times a day can be a sign that the bowel is full, and is leaking out a bit at a time.
- Soiling - it might be hard bits, soft stuff or even liquid bypassing the traffic jam, called overflow. The child won't have any control over this.

- Big poos, or lots of poo all at once.
- Tummy ache or pain when they poo.
- Distended/swollen tummy.
- Really smelly poo/wind, or bad breath.
- They might not feel like eating, or even feel sick.
- The full bowel might press on the bladder and cause frequent small wees/urgency/day or night time wetting/ Urinary tract infections.



Normal



Constipated

Having just 2 of these symptoms means constipation!

HOW TO TREAT CONSTIPATION

- Keep a [Poo Diary](#) for 2 weeks: what it looks like, how much, where it goes.
- See your GP:
 - Take the poo diary and tell them all your child's symptoms
 - The GP should examine your child and ask questions to find out if the constipation could be caused by an underlying condition
 - The GP should prescribe a macrogol laxative like Movicol, Laxido or CosmoCol which softens poo and helps move it along (as per [NICE Guidelines](#))

TAKING LAXATIVES

- The macrogol must be mixed with the right amount of water first, but then other food/drink can be added – read: [How to use macrogol laxatives](#).
- Most children start with disimpaction – this means taking lots of medicine to clear out the backlog of poo – read: [A Parent's Guide to Disimpaction](#).
- When the bowel is clear they will need to keep taking a smaller dose each day to keep their poo soft and moving along.
- Your child might need to stay on laxatives for a long time, but don't worry, laxatives won't hurt them. However, in the long term, undertreating constipation will.



GETTING THE POO IN THE LOO

- Get there at the right time - 20 to 30 minutes after meals and before bed.
- Sit in the right way - feet flat and firmly supported on a box or stool, knees higher than hips. Secure sitting position - they might need a children's toilet seat.
- RELAX to let the poo out. So keep toys, games and books beside the toilet.

TRY TO MAKE EACH TOILET SIT 'ACTIVE' BY ALTERNATING PLAY ACTIVITIES AND EXERCISES:

- Massaging the tummy in clockwise circles, and rocking forwards and backwards on the toilet can really help.
- Laugh/cough/blow to help push down with the tummy muscles.
- Make it a fun time! Look at ERIC's [Toileting Reward Chart](#) for more ideas to motivate your child. A 10 - 15 minute toilet sit should be long enough.



PROMOTING A HEALTHY BOWEL

- Encourage your child to drink 6 - 8 water based drinks every day.
- Include fruit and vegetables in their diet.
- Exercise and move around!

MORE INFO

- Watch - [Pooper Highway animation](#)
- Read - [Flowchart - Constipation](#)
- Listen - [Helpline Podcasts](#)

