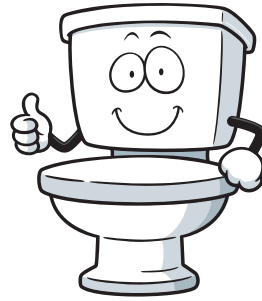


# Be the boss of your bowels!

## LEARN ALL ABOUT CONSTIPATION



### WHAT IS CONSTIPATION?

- When it is painful to do a poo.
- If you are not doing a poo very often, or when you do it is hard and sore.
- If you spend a long time sitting on the toilet trying to push the poo out.
- You may have a sore tummy.
- Sometimes it can cause some diarrhoea.



### HOW DOES CONSTIPATION HAPPEN?

- Not drinking enough water.
- Not eating enough fruit and veges.
- Some medication can cause it.
- Poor mobility and illness.
- Feeling upset or anxious.
- Being too busy, or ignoring signs of needing to go to the toilet.



### WHAT SHOULD I DO IF I GET CONSTIPATED?

- When you need to poo – go, do not hold on.
- You might need to take medication called laxatives.
- Sit properly on the toilet for five minutes after breakfast and dinner - with your feet flat on a stool.
- Drink 8 cups of water per day.
- Try a warm honey and lemon drink each morning.
- Eat plenty of fruit and vegetables.
- Increase fibre in your diet.
- Aim to have a soft, easy to pass poo every day.

