



Constipation

An Easy Read Presentation

What is Constipation?



Going for a poo less than is usual for you.

Not being able to push the poo out.

It hurting to go for a poo.



Not going for a poo at all or not very much.

Pain because you need to go for a poo.

How constipation might make you feel



You might not want to eat



Get a headache

Feel sick



Have a tummy ache or having a big, hard tummy.

Constipation might make you...



Have poo in your underwear



Have blood in your poo



Or it might make you feel tired or not like doing the things you would normally do.

Why do I get constipated?



Stress/anxiety

Some medicines can make you constipated

Not drinking enough



Not eating enough foods with fibre

Not getting enough exercise



Changes in body temperature.

What to do if I am constipated?



Eat healthy regular meals (including foods with lots of fibre).



Drink lots of fluids – have 8 drinks a day or between 1.5 - 3 litres a day.

Water, fruit teas, decaf tea and coffee are a good option.



Keep as active as you can.

Relax and give yourself time when sitting on the toilet.

What is fibre?



Fibre is in foods like fruit, vegetables and cereals.



It is also in brown bread, brown pasta, beans, pulses and nuts.



Adults should eat 30 grams of fibre per day.

If you need to eat more fibre add more to what you eat slowly.

Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturated	Sugars	Salt
1046kJ 250kcal	3.0g	1.3g	34g	0.9g
	LOW	LOW	HIGH	MED
13%	4%	7%	38%	15%

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS



The Caroline Walker Trust

Breakfast Recommendations (High in fibre)

Shredded wheat biscuits
(44g)

Semi skimmed Milk
(100ml)

Blueberries (40g)

Orange juice (150ml)



Lunch Recommendations (High in fibre)

Chicken, bean and
vegetable salad
(250g)



Dinner Recommendations (High in fibre)

Veggie burger (100g)
Jacket potato (200g)
Salsa (30g)
Carrot salad (80g)

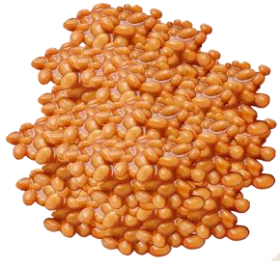


The Caroline Walker Trust

Snack Recommendations (High in fibre)

Plain popcorn (20g)
Apple quarters (80g)

How much Fibre is in my food?



5 grams in Baked Beans



5 grams in a Jacket Potato (with skin)



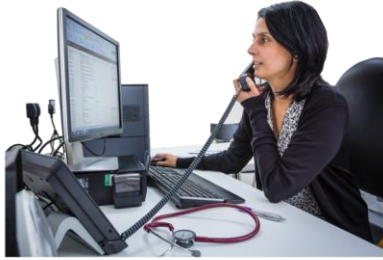
2 grams in an Apple or Banana



2 grams in a small handful of nuts



What to do if I am constipated?



If you have not been for a poo for 3 days talk to a family member, carer, pharmacist or doctor.



Go to the pharmacist. They will check the medication you are on and if they are making you constipated.

What to do if I am constipated?



Some people take medicines called laxatives to help them go for a poo.



Doctor

If you are constipated, you can speak to your doctor for help.

What to do if I am constipated?



It is important poo does not build up inside your body as this can make you very ill.










This leaflet tells you where and how to get medical help: <https://bit.ly/3kfqReA>

Understanding more about poo

There is a chart that tells us more about the different types of poo.

Ideally it should look like Type 3, 4 and 5.

Bristol Stool Chart

Type 1		Separate hard lumps, like nuts (hard to pass)
Type 2		Sausage-shaped but lumpy
Type 3		Like a sausage but with cracks on its surface
Type 4		Like a sausage or snake, smooth and soft
Type 5		Soft blobs with clear-cut edges (passed easily)
Type 6		Fluffy pieces with ragged edges, a mushy stool
Type 7		Watery, no solid pieces. Entirely Liquid

How can my carer help?



A carer can check when you have been for a poo and what it was like.



Some people may not want to tell their carers about their poo.

**Created by Inclusion Gloucestershire
using Photosymbols.**



**Content informed by Experts by
Experience and
Health and Social Care colleagues.**