

For further information about this service contact:

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**Information and guidance can be found at:**

- ERIC Helpline      0845 370 8008      [www.eric.org.uk](http://www.eric.org.uk)
- Bladder & Bowel UK      0161 607 8200      [www.disabledliving.co.uk](http://www.disabledliving.co.uk)
- NHS Choices      [www.nhs.uk](http://www.nhs.uk)
- NICE      [www.nice.org.uk/guidance](http://www.nice.org.uk/guidance)

**Continent**



**Confident**



**Carefree**



If you require this information in a different format such as in large print or on audio tape, or in a different language please contact the service on the details above.

If you have any compliments about this service or suggestions for improvements, contact our Patient Advice and Liaison Service on 0300 131 1000 (charges may apply depending on your network) or email: [ccs-tr.pals@nhs.net](mailto:ccs-tr.pals@nhs.net).

For free, confidential health advice and information 24 hours a day, 365 days a year please contact NHS 111.



# Simple Measures for Constipation

## Children's Continence Clinic



## Top Tips for Constipation

All children aim to drink at least the following amounts of water or very diluted squash.

### Daily Fluid Intake



Up to 6 years - 1 Litre

7-11 years - 1.5 litres

12-14 years - 2 Litres

14+ - 3 litres (adults included)






- Your child should be drinking at least 6 – 8 cups of **water** (or squash) each day and even more in the warm weather or when taking part in sport.
- Reduce or stop all fizzy drinks, blackcurrant, orange juice, caffeine and hot chocolate.
- Stop drinks 2 hours before bedtime.
- Ensure drinks are taken regularly throughout the day.
- Use of toilet step is recommended for all children and adults to ensure that the muscles relax effectively to ensure bowels are opened completely.
- Encourage a regular toileting routine.
- The bowel can be trained to empty after mealtimes, the body's natural reaction is to make space for the food you are consuming.
- A high fibre diet can help with minimising constipation symptoms.

Some children are reluctant to drink the required amount of fluids. If this is the case help them by joining in. It becomes more acceptable to a child when everybody in the family joins in.

## Symptoms of Constipation include:

- Pain or strain when opening bowels.
- Poos that are hard and/or difficult to pass.
- Poos that are very large, do not flush easily or block the toilet.
- Poos that are hard and look like pellets.
- Soiling and marks in the underwear.

### 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. <b>Entirely Liquid</b>

At the first sign or symptom of constipation increase fluids and fibre in diet. If symptoms do not improve seek advice from your GP who should provide a Macrogol medication which is the recommended treatment for constipation. Ideally your child should be having a poo everyday, which is smooth, soft and easy to pass.

Please refer to [www.eric.org.uk](http://www.eric.org.uk) for further advice.