

Let's talk about Poo



Having a poo is important.

Poo removes waste from the body (bad stuff).

Having a poo is natural, we all have to do it.



Constipation means:

- Hard or dry poo
- Can't push poo out
- Lots of straining
- Pain
- Irregular poo
- Less than 3 poos a week (but everyone is different)

Constipation can be serious if not prevented or treated.

Why you might have constipation?

Poor diet

Lack of exercise

Stress or anxiety

Dehydration

Physical health
conditions or illness

Some medications

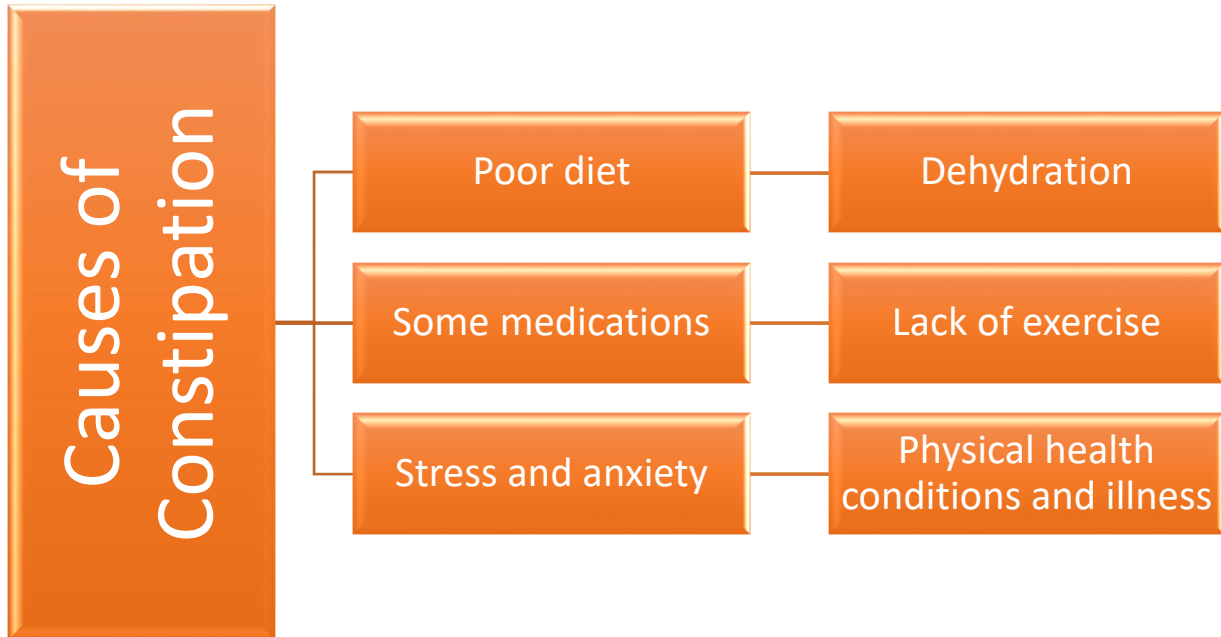
What you need to do to prevent constipation?



If you think you are constipated talk to your doctor or a nurse 😊

Please note: People with chronic constipation can have a diarrhoea overflow so do investigate!

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How to prevent constipation?



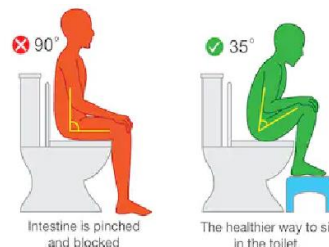
Eat healthy diet



Drink plenty fluids



Take good exercise that suits you
Be active!



Good seating position on the toilet
and good routine are important.

Please note: People with chronic constipation can have a diarrhoea overflow so do investigate!