

My Constipation Care Plan

Key things to help me poo

My healthy meal goals

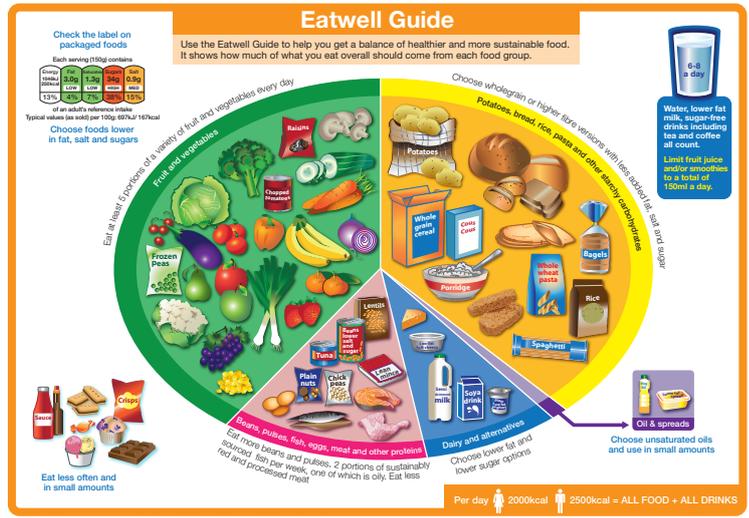
1. Eating

I need to eat more fruit and vegetables, so that the fibre in my food will help my poo to move along my bowels.

2. Drinking



I should try to drink **6-8 cups of water** or diluted squash. This makes my bowels happy, and my poo soft.



My healthy lifestyle and routine goals

3. Lifestyle

To keep my bowels moving, I've got to keep my body moving!



4. Routine

1. I should sit on the toilet for 10 minutes after each meal and also before bedtime.
2. My feet should be flat on the floor or on a stool.
3. My knees should be slightly higher than my hips.
4. I should stay relaxed. I could try blowing bubbles.
5. Or try the 'Rock and Pop.'



Different poos (Bristol stool chart)

The perfect poo is:

- Long
- Smooth
- And soft

Bristol stool chart	
	Type 1 Separate hard lumps, like nuts (hard to pass)
	Type 2 Sausage-shaped, but lumpy
	Type 3 Sausage-shaped, but with cracks on surface
	Type 4 Sausage or snake like, smooth and soft
	Type 5 Soft blobs with clear-cut edges (easy to pass)
	Type 6 Fluffy pieces with ragged edges, mushy
	Type 7 Watery, no solid pieces (entirely liquid)

All about me



My...

Name: _____
Date of birth: _____
Allergies: _____

My Plan...

Completed by: _____
Date: _____ Signed: _____
Phone: 020 7188 2854
Email: gst-tr.paediatricprimarycarenurses@nhs.net

My medicines are...



1. Medicine _____ Route _____ Amount _____ Frequency _____
2. Medicine _____ Route _____ Amount _____ Frequency _____
3. Medicine _____ Route _____ Amount _____ Frequency _____

My medications to **disimpact** include:

Medicine	Route	Amount	Frequency	Stop when	Start maintenance medicine

A group of medicines called laxatives are common for treating constipation. Some include:

Laxative type	Example of brands	How they work
Osmotic laxatives	Movicol Macrogol Laxido	They increase the amount of water in the poo, making the poo softer and easier to squeeze through the bowel. Please follow the instructions on the packet to mix the medicine with the right amount of water. Each sachet = 62.5mls water TOP TIP: After making the medicine-water mix, you can add squash to make it nicer to drink.
Poo softeners	Docusate sodium	They add moisture to the poo making it softer and easier to squeeze through the bowel.
Stimulant laxatives	Senna Bisacodyl Sodium picosulphate	They work by getting the muscle in the bowels to work harder to push the poo through. This medicine is better taken at night time.

Other top tips

- **Consistency is key!** For best results, give medicine daily or as prescribed.
- **Download a 'poop tracker' app** on your phone. They can provide helpful reminders.



The following websites can also be helpful:

www.eric.org.uk

www.thepoonurses.uk

www.nice.org.uk/constipation-in-children