What is Constipation?
You get constipation when you are not doing enough poos or your poo has become hard and is difficult to get out.

**Constipation happens if you are ......**
- x Not eating enough fruit and vegetables
- x Not drinking enough
- x Not sitting on the toilet for long enough
- x Putting off going to the toilet when you need a poo
- x Some medication can cause constipation e.g.
  - anti-epilepsy
  - iron tablets

If you are constipated you should......
- ✓ Eat more fruit, vegetables, wholemeal pasta and bread.
- ✓ Eat meals at regular times.
- ✓ Try to do a poo each day.
- ✓ Have 6-8 drinks per day that have water in them.
- ✓ Do more exercise.

Your Doctor could give you some medicine to help you go to the toilet if things do not get any better.