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# Quiz: Yes or No?

- Do we need to have a poo every day?
- Can more fibre in your diet help you stop being constipated?
- Can oranges help you be less constipated?
- Is exercise good to help with constipation?

# What is constipation?

Group discussion


Bristol stool chart – which is our poo?

# What is constipation?

When it's hard to have a poo

- Constipated if going **less than 3 times a week**
- **Everyone is different** – some people couple of times a day, some people couple of times a week. What is normal for you ?
- **If there is a change.** It is important to think about how often you usually go

# 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

# Overflow

- Hard stools block passage – watery stools then forced around outside of this.
- Some people mistakenly think the person has then had their bowels open.



# Constipation

<https://www.youtube.com/watch?v=iQNRoedF1jQ>

Tummy ache &  
feeling bloated

Straining on  
toilet - might  
get piles?

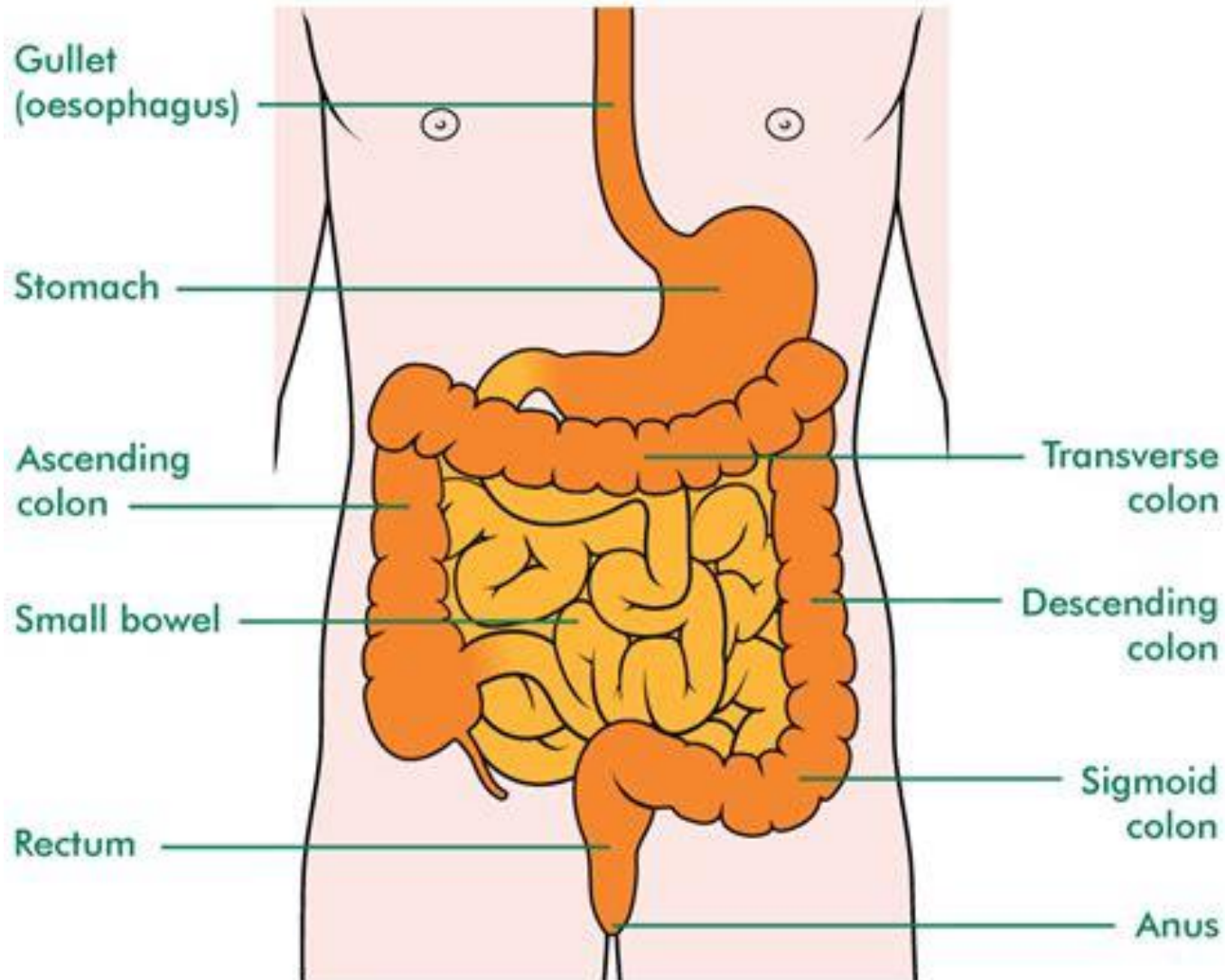
## How do I know if I am constipated?



Headache &  
feeling dizzy

Don't go as  
regularly - my  
poo might be  
really hard and  
look like rabbit  
droppings

# Normal bowel



# What can make me constipated?

- Medication
- Not drinking enough
- Not eating enough fibre
- Not sitting on toilet properly
- Not doing enough exercise
- The way my body is shaped
- Being anxious or worried about going to the toilet
- Stopping smoking – but don't start again! Your body just needs time to get used to no nicotine



# Is it serious?

- Depends if just for a few days or longer period of time.
- Can be serious if it lasts and we don't do anything about it

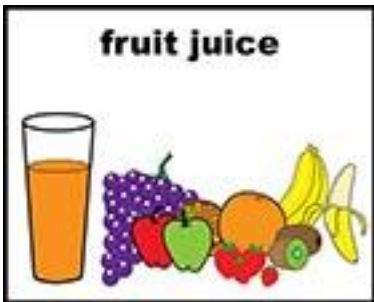
Exercise



Healthy  
diet -  
fibre

## How to avoid constipation

fruit juice



Fluids



Position  
on toilet



# Fibre

What is fibre?

Fibre is the part of cereals, fruit and vegetables that cannot be digested.



It is usually the  
skins, pips and  
seeds of these foods  
that contain the  
most fibre

# Fibre Containing Foods

- Fruit and vegetables (leave skin on)

*Fresh, frozen, tinned and dried!*

- Wholemeal bread, rice, pasta and cereals

*Breakfast cereals e.g. Weetabix, Ready Break, porridge or Shreddies*

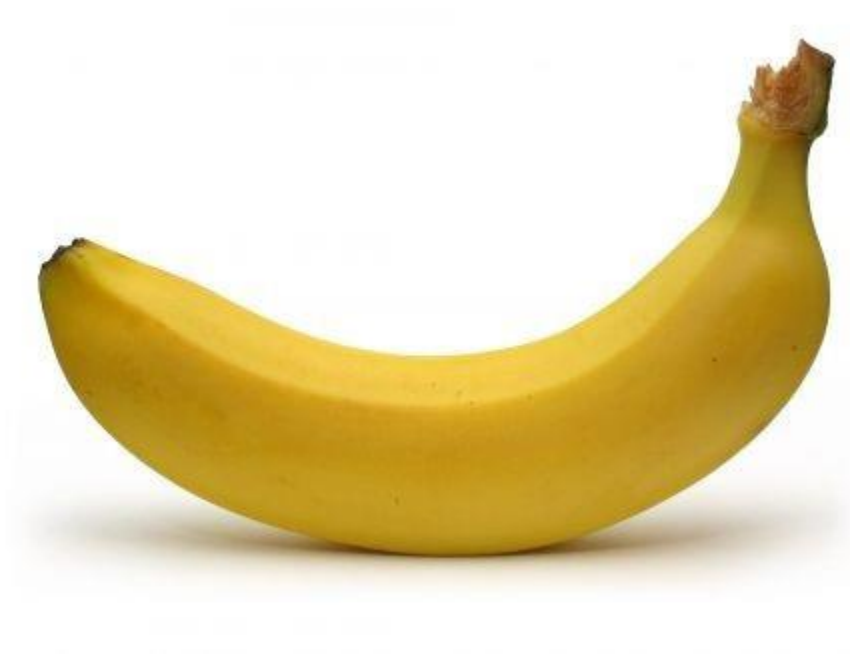
- Nuts, pulses, seeds

*Add dahl to meat curries*





1.6g per slice



**1 medium  
banana  
3g**

Broccoli  
5 gr per cup  
(boiled)



Peas  
8.8 gr per  
cup cooked

# Fluid (liquid)

- 1500-2000mls a day  
6-8 glasses a day
- Common measures are:
  - 1 medium size glass  $\approx$  200 ml
  - 1 can of fizzy drink  $\approx$  330 ml
  - 1 mug  $\approx$  250 ml
  - 1 cup  $\approx$  200 ml



# Summary



- Regular meals with high fibre snacks in between e.g. fruit, oat based biscuits or fruit yoghurts
- **Aim for 5 – 7 portions of fruit and vegetables day**
- Swap to wholegrain cereal and whole grain bread
- Aim for 6-8 cups of fluid a day



# Movement – why it's good for us



get up



have a shower



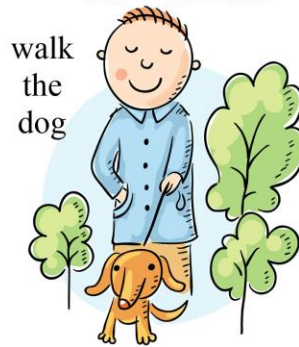
have breakfast



work



do the shopping



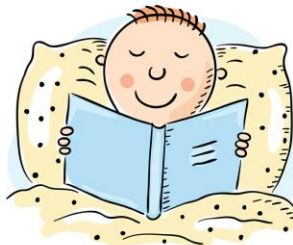
walk  
the  
dog



have dinner



watch TV

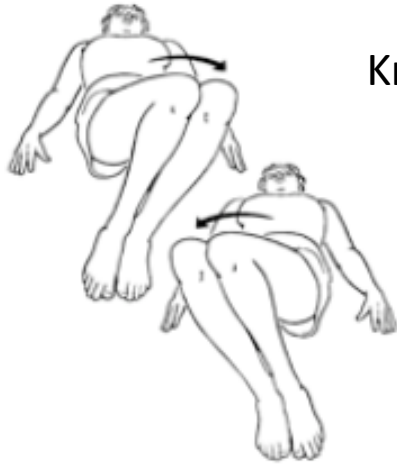


read a book

**Why do we need to move around?**

- 1. General health and fitness**
- 2. Improve breathing and heart**
- 3. Helps us go to toilet!**
- 4. To make our muscles stronger**

# Some exercises to try



Knee rolling

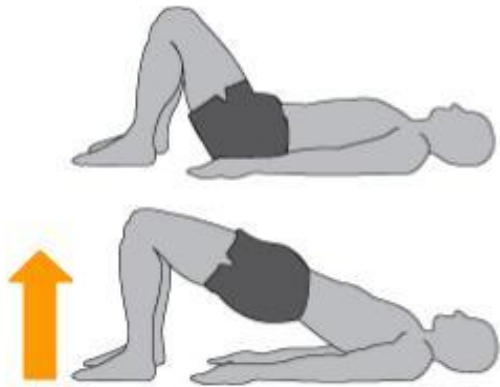


Hugging knees



Rolling self from side to side in the bed, or on a mat on the floor

# Exercises



Bridging



Climbing Stairs



Reaching in sitting

# Position on toilet



- Sitting on toilet
- Put your feet on a stool to raise your knees higher than your hips
- Lean forward to rest elbows on the knees
- Squatting position is good
- TIME

# Who can I talk to if I think I am constipated?

- Chemist
- Doctor
- Family
- Support provider



# Keys things to remember

- Physical exercise
- High fibre intake
- High fluid intake
- Regular routine
- Upright position on toilet
- Privacy
- Medication
- Talk to someone if worried!

