

My Poo

ACTIVITY PACK

This activity pack is just for you.

It's designed to help you do a poo.

From Dot-to-Dot to Colouring.

It is sure to stop you worrying.

It includes lots of things for you to do.

So come on... Try and have a poo!!

Making Macrogol Tasty

Macrogol **MUST** be firstly made using plain water. Mix one sachet with 62.5mls of water. After this, there are many ways you can make it taste a little bit better. Try some of our suggestions...



Mix and turn it into jellies



Disguise it in Fruit



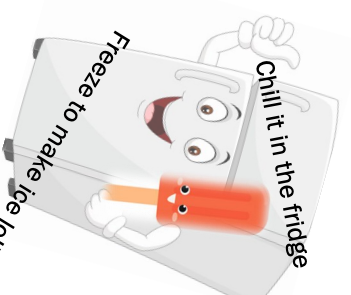
Mix it into squash,
hot chocolate or
Fizzy drinks



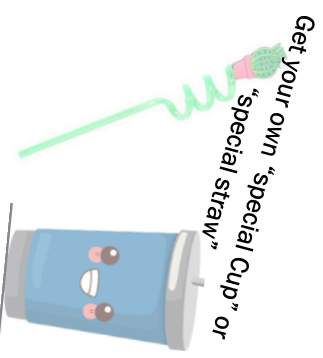
Sprinkle on Cereal
Mix with yoghurt
Mix with ice cream or
Flavoured milk



Movicol Mummies—this is
a great source of
information and can be
found on FaceBook



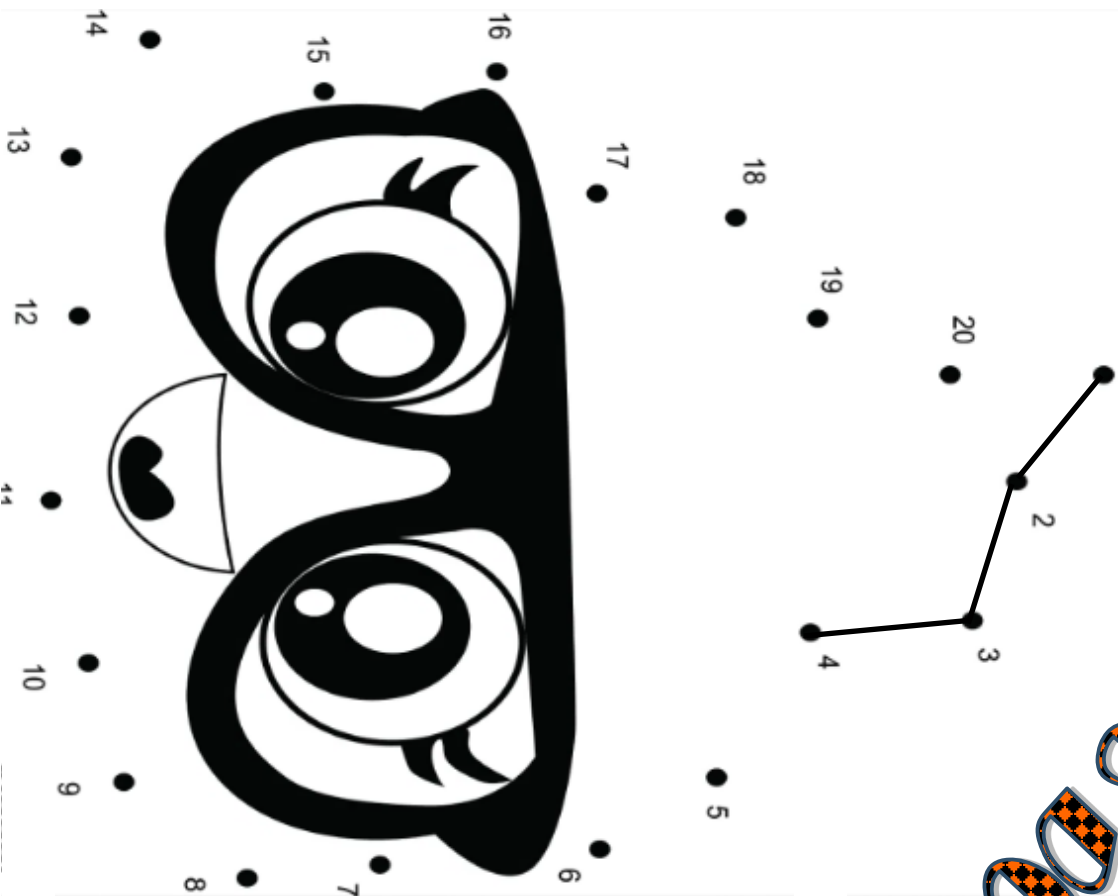
Chill it in the fridge
Freeze to make ice lollies



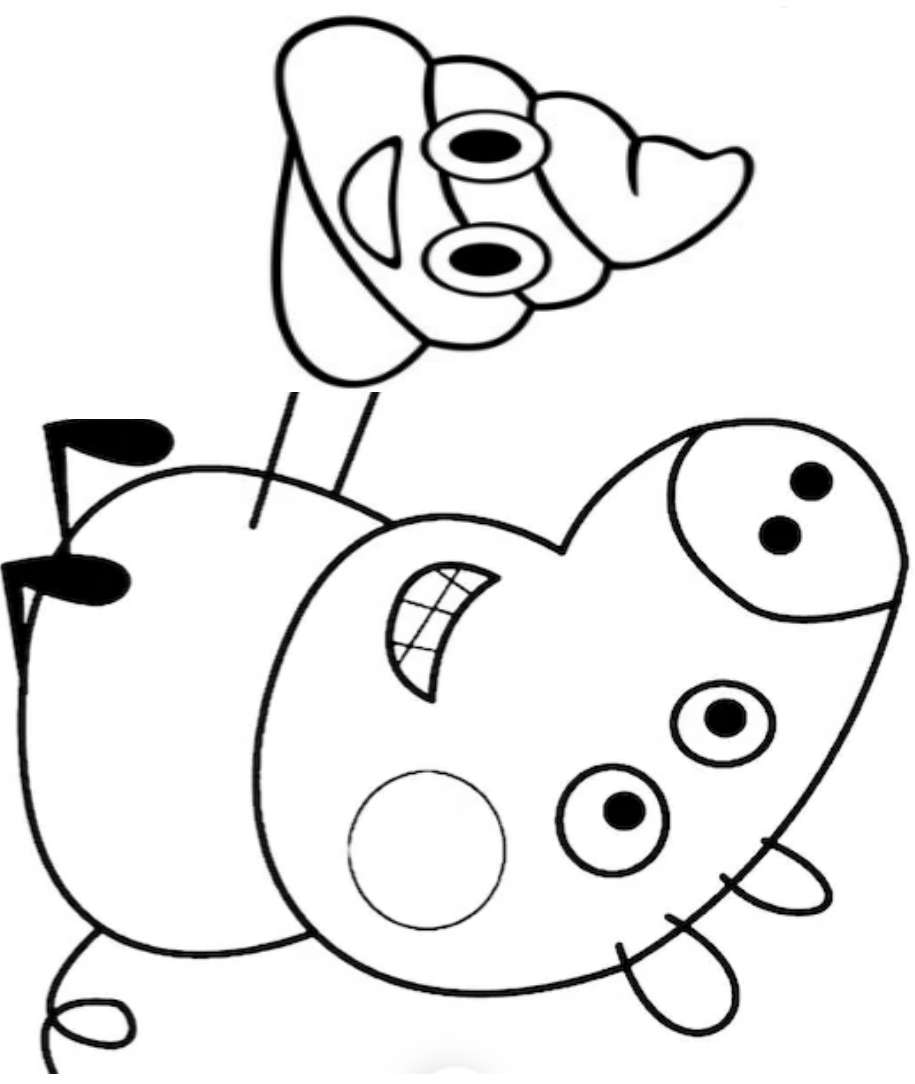
Get your own "special Cup" or
"special straw"

MY POOD DOT TO DO

MY POO COLOURING



NAME: _____ / Completed My Poo Dot to Dot on: _____



NAME: _____ / Completed My Poo Colouring on: _____

My Feelings Chart

Use the pictures to explain how you are feeling...

I feel:

Worried Happy Sad Angry

I hurt:

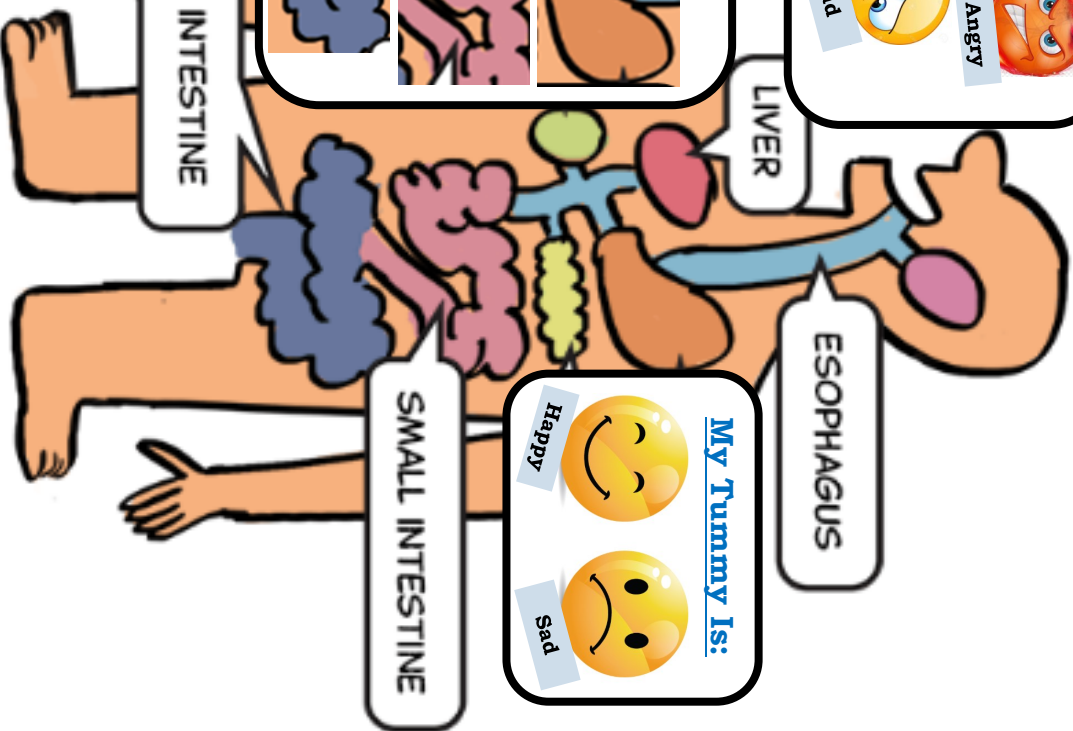
At the Top of my Tummy

At the Bottom of my Tummy

Around my Bottom

My Tummy Is:

Happy Sad



My Poo Word Search

O

N

O

T

A

S

P

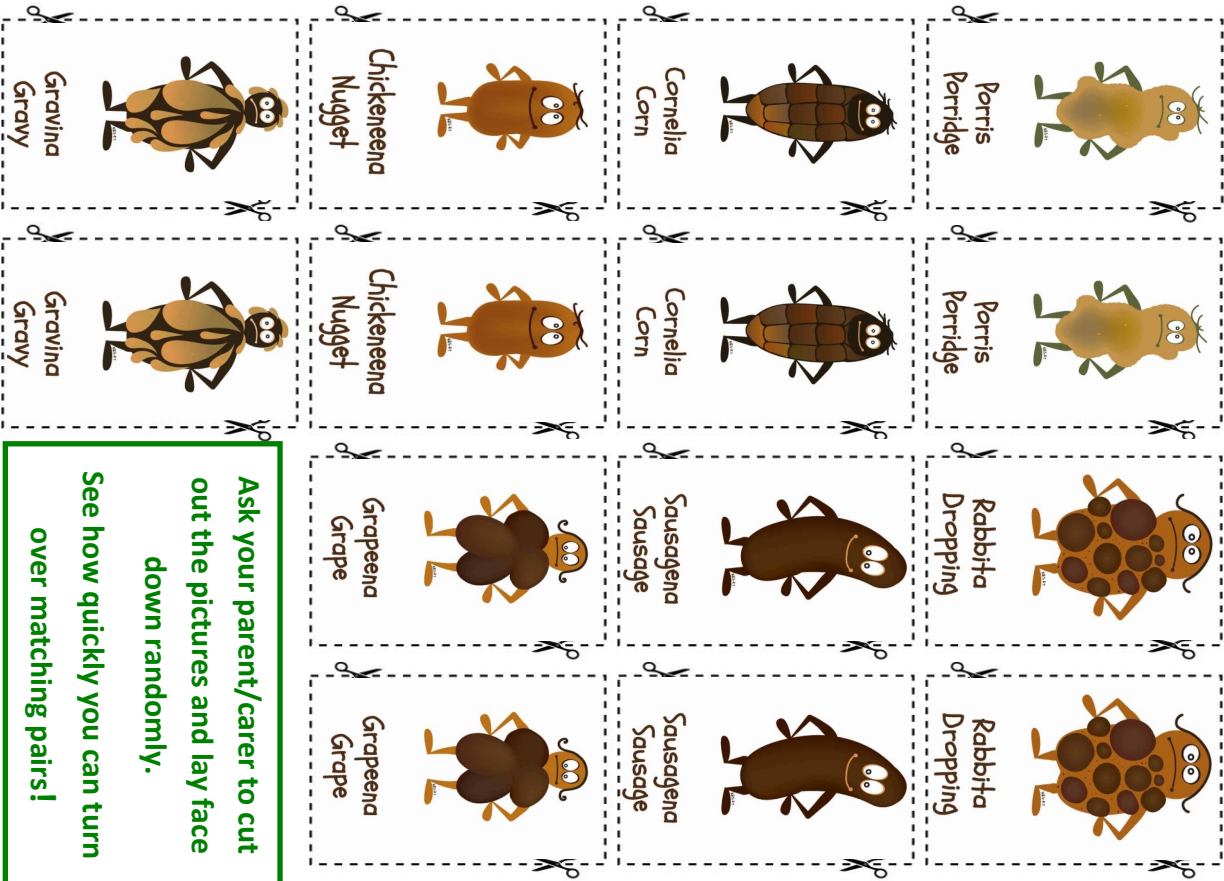
P

O

O

Can You Find the Poo Letters?

Poo Pairs Game



Ask your parent/carer to cut out the pictures and lay face down randomly.
See how quickly you can turn over matching pairs!

Can You Blow Mr. RAINBOW Poo away?

Instructions

We want to see how good your blowing skills are....

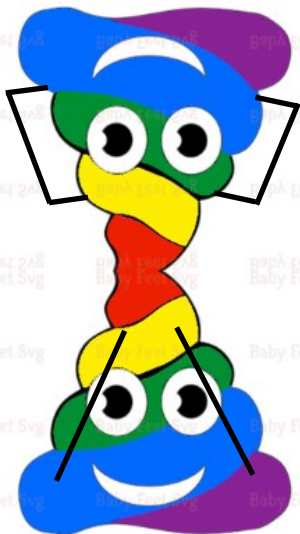
Get an adult to help you to cut out your "straw"

Roll it into a straw shape and get ready to blow Mr. Rainbow Poo away.

Cut out Mr. Rainbow Poo and put him together using the tabs / slits provided.

Have a sit on the toilet and pop Mr. Rainbow Poo onto your straw and

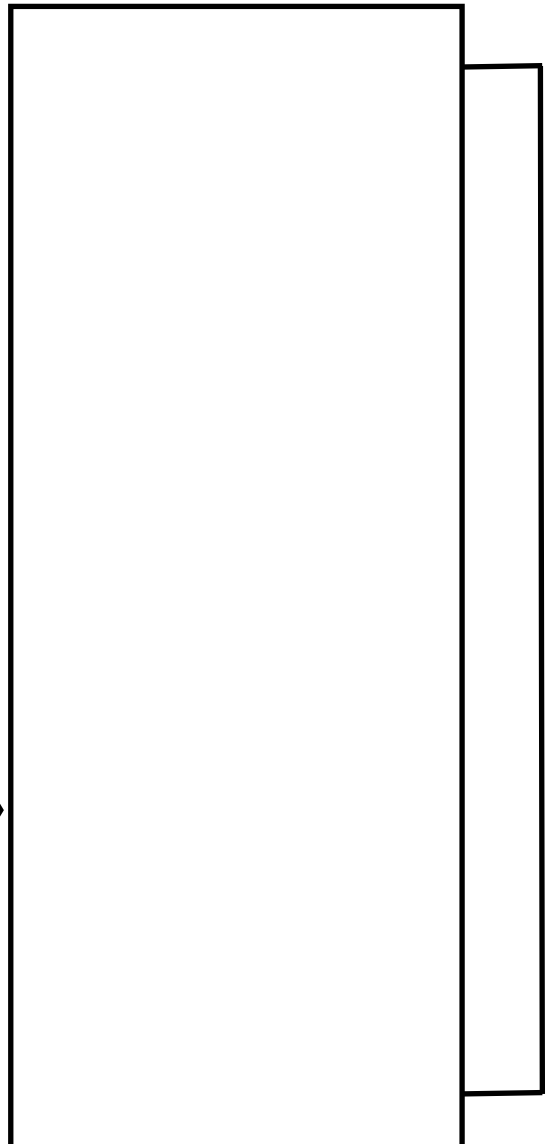
Blow, Blow,
Blow...



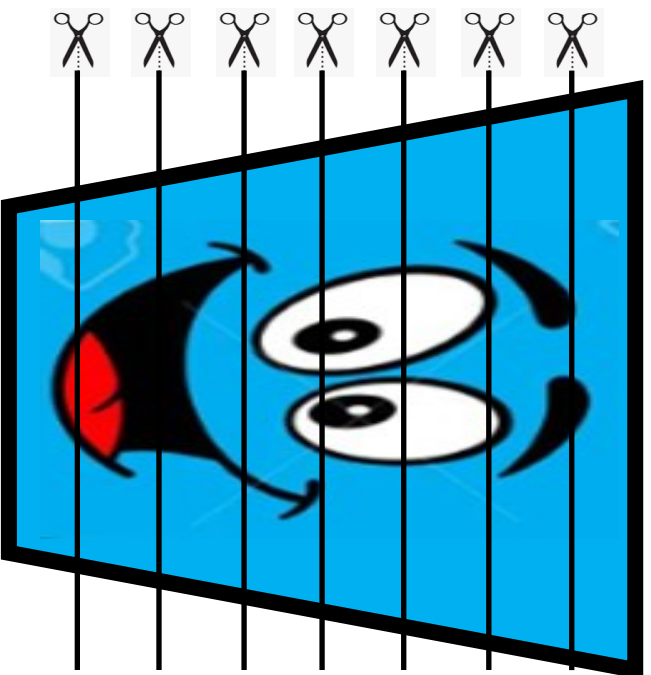
Cut around your straw



Cut around Mr. Rainbow Poo



Cut these water segments out with the help of an adult and use them to give Laxative Larry his smile back on your Medicine Chart



MY MEDICINE CHART



Hi, I am Laxative Larry and I am SO sad. 🙁
My glass is empty.

Please drink your medicine to fill me up and see a smile back on my face.
Every time you drink your medicine, place another layer of water inside my body and see my smile return.

I hope yours does too!!
Happy drinking

How to Make a PAPER WINDMILL

A good way of helping you to push your poo out is to blow when you're sitting on the toilet.

Try to follow the instructions to make your very own windmill, then sit of the toilet and do some good blowing, to see how fast you can make your windmill spin!

1. Cut out the windmill template below (you might have to ask your adult to help you with this) and colour it however you want your windmill to look...

2. Fold the paper diagonally, and crease it like this



3. Cut along the creases only to half-way to the middle of the paper. Be sure not to cut all the way.



4. Bend each corner into the middle. Make sure to bend and not fold.

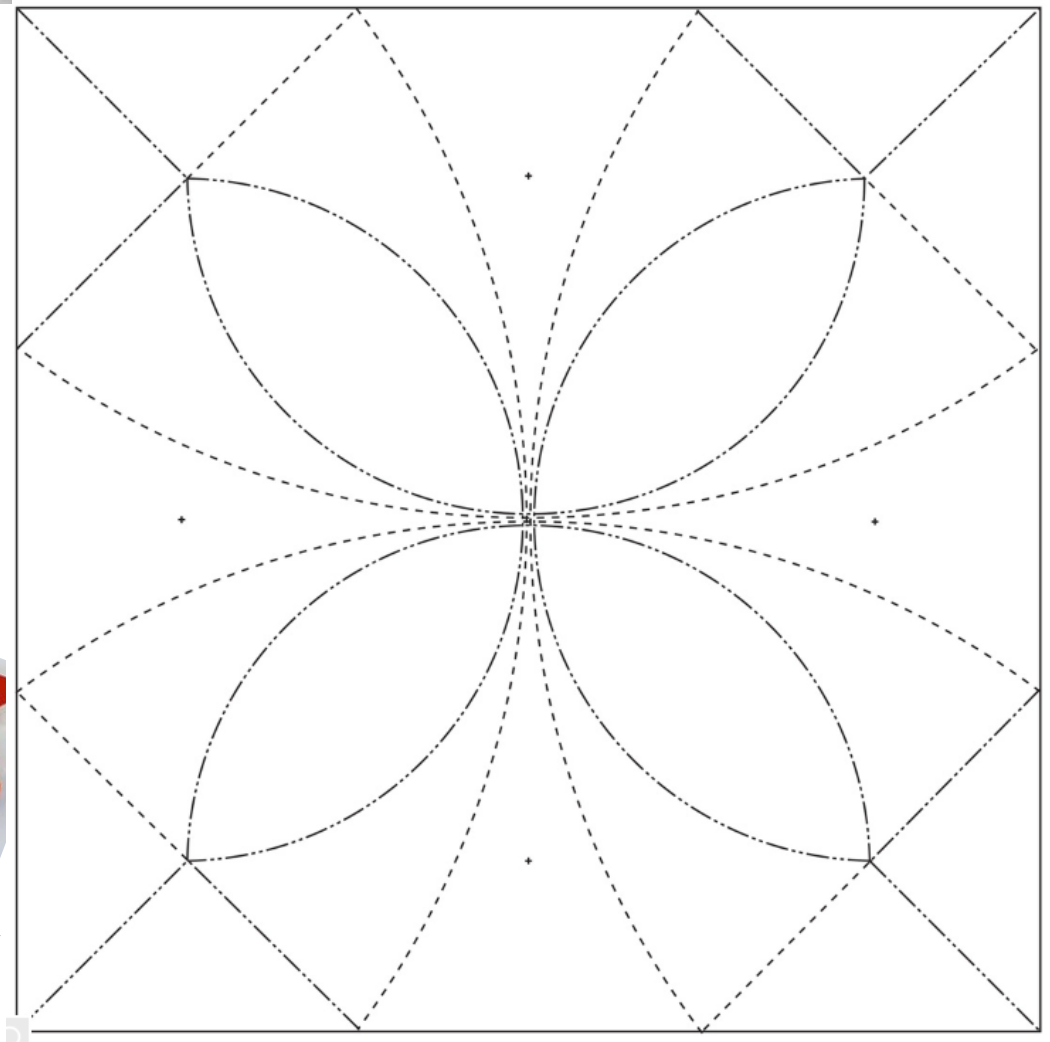
5. Once all the 4 corners are in the middle, push a pin through them all as well as a straw or piece of cardboard (whatever you want to make your stick out of)



6. Go and sit on the toilet and do some good blowing. See if you can get your windmill to spin faster the bigger blow you do...



Your windmill template →










Poo Diary

		Week 1		
		I Sat Down (Tick)	I Did a Poo (Tick)	My Poo Was Type...
Monday	When I Wake Up			
	After Breakfast			
	After Lunch			
	After Dinner			
	Before Bedtime			
Tuesday	When I Wake Up			
	After Breakfast			
	After Lunch			
	After Dinner			
Wednesday	Before Bedtime			
	When I Wake Up			
	After Breakfast			
	After Lunch			
Thursday	After Dinner			
	Before Bedtime			
	When I Wake Up			
	After Breakfast			
Friday	After Lunch			
	After Dinner			
	Before Bedtime			
	When I Wake Up			
Saturday	After Breakfast			
	After Lunch			
	After Dinner			
	Before Bedtime			
Sunday	When I Wake Up			
	After Breakfast			
	After Lunch			
	After Dinner			
	Before Bedtime			

	Week 2			
		I Sat Down (Tick)	I Did a Poo (Tick)	My Poo Was Type..
Monday	When I Wake Up			
	After Breakfast			
	After Lunch			
	After Dinner			
	Before Bedtime			
Tuesday	When I Wake Up			
	After Breakfast			
	After Lunch			
	After Dinner			
Wednesday	Before Bedtime			
	When I Wake Up			
	After Breakfast			
	After Lunch			
Thursday	After Dinner			
	Before Bedtime			
	When I Wake Up			
	After Breakfast			
Friday	After Lunch			
	After Dinner			
	Before Bedtime			
	When I Wake Up			
Saturday	After Breakfast			
	After Lunch			
	After Dinner			
	Before Bedtime			
Sunday	When I Wake Up			
	After Breakfast			
	After Lunch			
	After Dinner			

Parent / Carer Comments...








[illegible]

type 1		<p>lookalike: Ullase</p> <p>rabbit droppings</p> <p>Separate hard lumps, like nuts (hard to pass)</p>
type 2		<p>lookalike: Ullase</p> <p>bunch of grapes</p> <p>Sausage shaped but lumpy</p>
type 3		<p>lookalike: Ullase</p> <p>corn on cob</p> <p>Like a sausage but with cracks on its surface</p>
type 4		<p>lookalike: Ullase</p> <p>sausage</p> <p>Like a sausage or smoko, smooth and soft</p>
type 5		<p>lookalike: Ullase</p> <p>chicken nuggets</p> <p>Soft blobs with clean-cut edges (passed easily)</p>
type 6		<p>lookalike: Ullase</p> <p>porridge</p> <p>Fluffy masses with ragged edges, a mushy stool</p>
type 7		<p>lookalike: Ullase</p> <p>gravy</p> <p>Watery no solid pieces ENTIRELY LIQUID</p>



	Week 4			
		I Sat Down (Tick)	I Did a Poo (Tick)	My Poo Was Type..
Monday	When I Wake Up			
	After Breakfast			
	After Lunch			
	After Dinner			
	Before Bedtime			
Tuesday	When I Wake Up			
	After Breakfast			
	After Lunch			
	After Dinner			
Wednesday	Before Bedtime			
	When I Wake Up			
	After Breakfast			
	After Lunch			
Thursday	After Dinner			
	Before Bedtime			
	When I Wake Up			
	After Breakfast			
Friday	After Lunch			
	After Dinner			
	Before Bedtime			
	When I Wake Up			
Saturday	After Breakfast			
	After Lunch			
	After Dinner			
	Before Bedtime			
Sunday	When I Wake Up			
	After Breakfast			
	After Lunch			
	After Dinner			

[illegible]

type 1		<p>lookalike: Wase</p> <p>rabbit droppings</p> <p>Separate hard lumps, like nuts (hard to pass)</p>
type 2		<p>lookalike: Wase</p> <p>bunch of grapes</p> <p>Sausage shaped but lumpy</p>
type 3		<p>lookalike: Wase</p> <p>corn on cob</p> <p>Like a sausage but with cracks on its surface</p>
type 4		<p>lookalike: Wase</p> <p>sausage</p> <p>Like a sausage or snake, smooth and soft</p>
type 5		<p>lookalike: Wase</p> <p>chicken nuggets</p> <p>Soft blobs with clear cut edges (passed easily)</p>
type 6		<p>lookalike: Wase</p> <p>porridge</p> <p>Fluffy pieces with ragged edges, a mushy stool</p>
type 7		<p>lookalike: Wase</p> <p>gravy</p> <p>Watery no solid pieces ENTIRELY LIQUID</p>

Macrogols ...

Macrogols include Medications such as: Movicol, Cosmolcol, Laxido. These instructions apply to any of these medications . . .



This guide shows an example of making 1 sachet
Please use the table on the right of this page to help
with other sachet dosages.



Mix one
sachet with
water



PLAIN
WATER

Empty the sachet of powder into a cup/glass/bottle. First add the right amount of cold water and stir until the powder has dissolved and the water is clear. The resultant liquid can be mixed with anything your child likes, to encourage them to drink it, e.g. squash, juice, hot chocolate, milk.



Macrogols are a medication that will aid with your child's constipation. The active ingredient in this medication is the water that you add to them. This water cannot be absorbed through the bowel wall. It stays in the bowel and combines with the faeces to break up any hard lumps and soften the faeces, making them easier for your child to pass.

ESSENTIALLY..... MACROGOLS ARE ONLY ADDING WATER TO YOUR CHILD'S STOOLS.

Your Child Has Been Prescribed.....	Amount Of Plain Water to Mix With the Sachets
1 Sachet	62.5 mls
2 Sachets	125 mls
3 Sachets	187.5 mls
4 Sachets	250 mls
5 Sachets	312.5 mls
6 Sachets	375 mls
7 Sachets	437.5 mls
8 Sachets	500 mls
9 Sachets	562.5 mls
10 Sachets	625 mls
11 Sachets	687.5 mls
12 Sachets	750 mls

Macrogols are a “binding with” medication. It works by binding with plain water. If mixed with anything else, it will not work.
Do not mix the powder straight into the milk/juice/flavoured drink – it needs to ‘bind’ with the water first.