

CHILDREN'S GUIDE TO POO MEDICINES...

Please ask an adult to help you on any tricky bits you don't understand in this booklet

Let's Talk About Poo Medicines...



If you are having trouble getting your poo to come out, or it hurts your tummy when it does, then you have constipation.

The adult that cares for you has been to see the nurses at the Childhood Constipation Clinic, to get some help and medicine to make your tummy aches and belly pains go away.

We will try and help you to understand why you have been asked to take this medicine, what it might make you feel like when you take it, and what will happen if you don't take it.

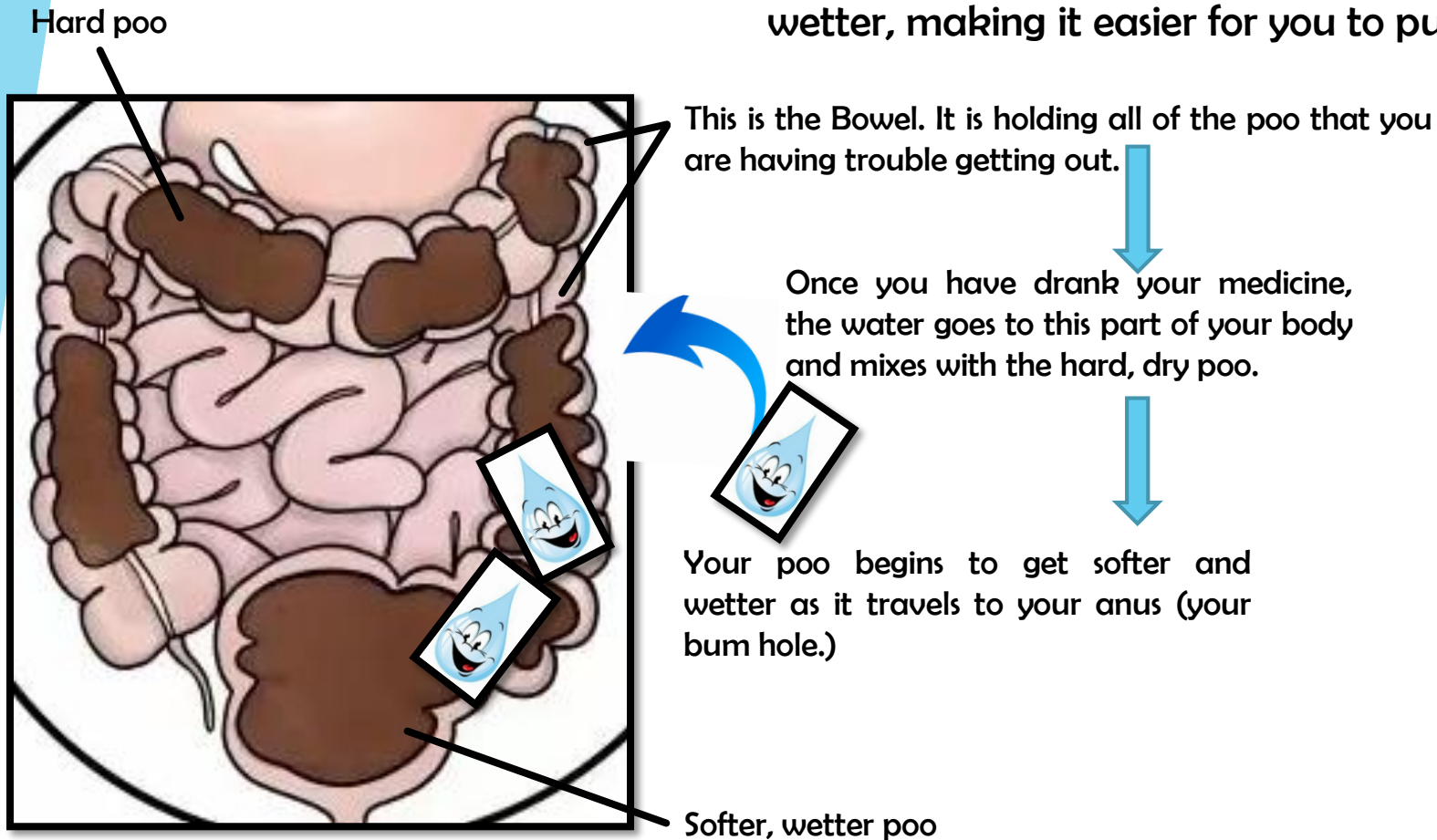
It is very important that you take your medicine !

What Medicine Will I Have?

You will have a medicine, that is probably called Movicol, Laxido or Cosmocol. (Don't worry about their names, they all do the same thing.)

What Will This Medicine Do?

All of these medicines will make your poo softer and wetter, making it easier for you to push out.



How Do I Take My Medicine?

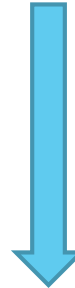
Your medicine comes in little sachets, they may look like this...



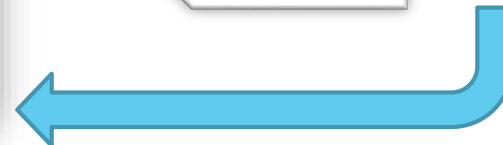
How Do I Make My Medicine?

Always have the adult that cares for you, help you to make your medicine.

They will pour the powder into a glass of plain water, like this.

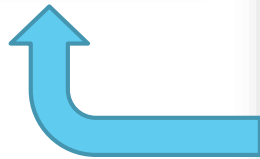


You have to mix and mix until the powder disappears, and the water goes clear. (You may be able to help with this bit.)



Then you have to drink the water, with the medicine in.

The medicine then travels to your bowel (Where all the poo is.)



What Will Happen If I Don't Drink My Medicine?

If you don't drink your medicine, then the poo that is already really dry and hard inside your bowel, will not get any water mixed into it to make it easier for you to push the poo out. The poo will then get even harder and it will be even more difficult to poo.

The little girl:

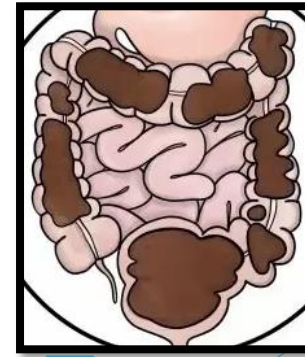
- has tummy ache
- is really tired
- finds it difficult to poo



This little girl won't drink her medicine



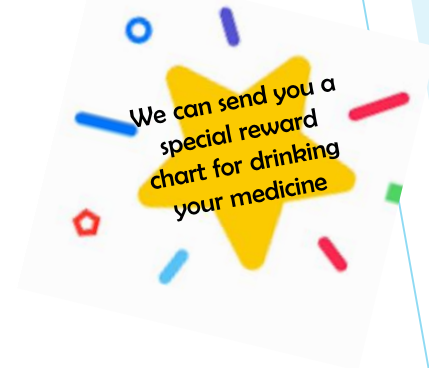
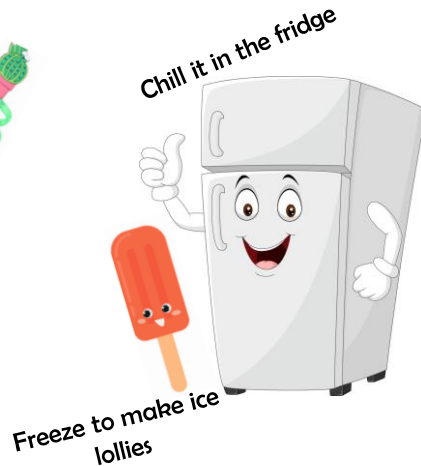
The poo continues to get bigger and drier



So the medicine does not make it to her bowel (Where all the poo is.)

What Can I Do To Make My Medicine a Bit Tastier?

Some children think the medicine they have to drink tastes a bit yucky. It is important that your medicine is mixed with plain water only to start with. After it has been made with water, there are a few things that can make it taste better, here are a few ideas...

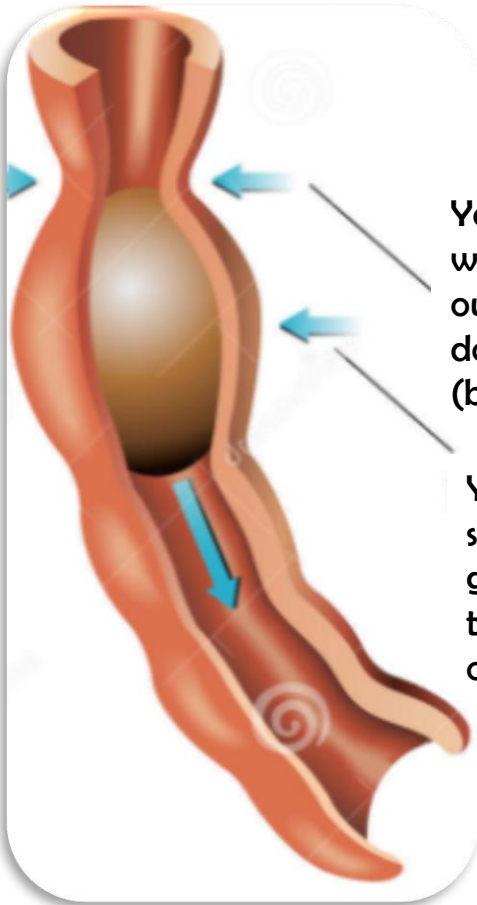


You could ask the adult who cares for you to have a look at this page when they make your medicine

What Are Other Medicines I May Have To Take?

Sometimes, you need a little bit more medicine than just the one you have to drink, called a Stimulant. The name of this medicine may be; Lactulose, Sodium Picosulphate or Senna. (Don't worry about their names, they all do the same thing.)

This is your bowel muscles. (The bit where your poo is held.)



Your muscles are like waves. They go in and out to push the poo down to your Anus (bum hole.)

Your medicine makes sure these waves keep going in and out, so that your poo is pushed out easier.

What Will This Medicine Do?

Sometimes the muscles in your bowel (where the hard poo is) aren't able to push your poo out..

This medicine encourages your bowel muscles to squeeze, so that it is easier to push your poo out.

How Do I Take This Medicine?

This medicine may come in a bottle, and is usually liquid.

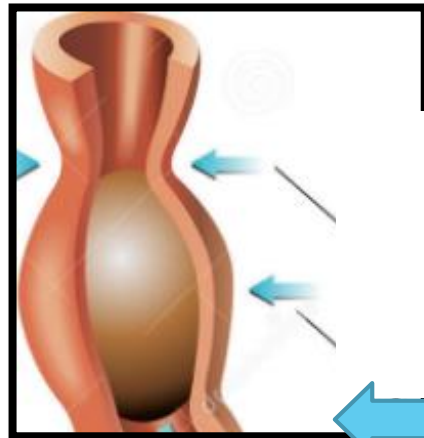
What Will Happen If I Don't Have My Medicine?



This little boy won't take his medicine.



The 'wave-like' muscles won't work as good as they should.



The waves won't move, so the hard poo will remain in the bowel

The little boy:

- has tummy ache
- is really tired
- finds it difficult to poo

