

CHILDREN'S GUIDE TO OVERFLOW SOILING. . .

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

Let's Talk About Sneaky Poo...

When you have lots of poo stuck in your bowel (the organ in your body that holds all your poo) it can cause you to have poo accidents. These poo accidents will look like 'water-poo' that may sneak out into your knickers, pants, pull-up or nappy.

Let's look at how this happens...



How Does Poo Sneak Out?

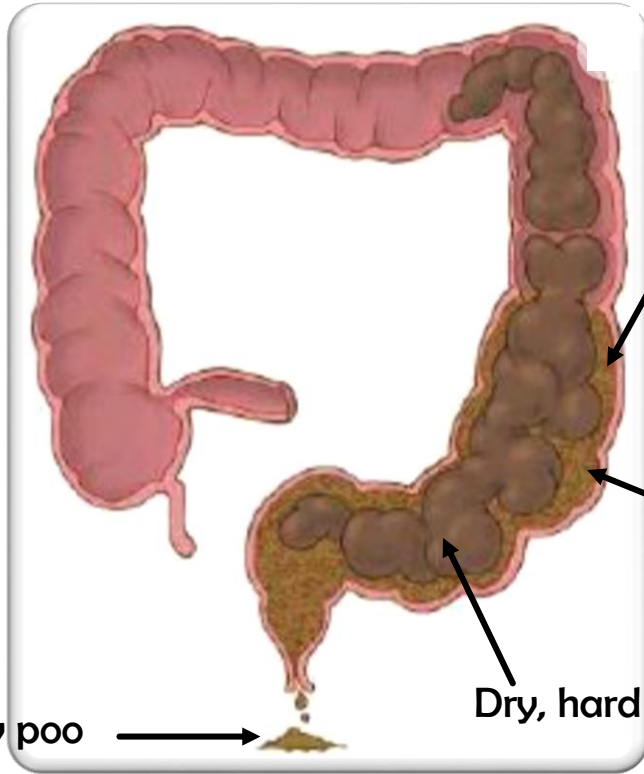
If you have a lot of poo stuck inside your bowel, some of the new poo that has been added as you have eaten, will sneak past the hard lumps of poo. This is similar to when you are poorly and have poo that's like water. This may sneak out of your bottom and into your underwear.

All new poo is wet as it has just come from the stomach. The bowel hasn't had chance to suck any of the water out yet.

This wet poo finds a way to get round the hard, lumps of poo to 'sneak' out

Dry, hard poo

Sneaky poo



This happens a lot without you even noticing it, that's why we call it sneaky.

New, wet poo sneaks around the poo that is stuck and comes out 'sneakily.'

How Do I Stop Sneaky Poo?

The only way to stop this sneaky poo from coming out is to clear all of the poo that is stuck inside your bowel. This is done by drinking the medicine we have given you.

Once you have drunk your medicine each day, the poo will all come out. Then there is nothing for sneaky poo to sneak past!

So ...

- Make sure you take your medicine **EVERY** day.
- Try to drink more water each day.
- Make sure you sit on the toilet often, so that if any poo wants to come out it can.

