

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



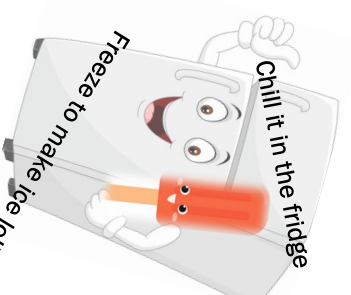
Mix it into squash,
hot chocolate or
Fizzy drinks



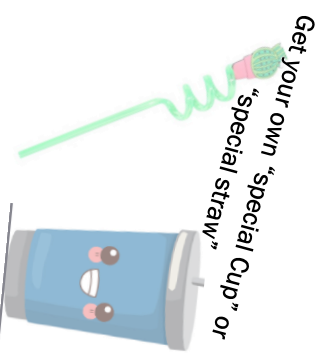
Sprinkle on Cereal
Mix with yoghurt
Mix with ice cream or
Flavoured milk



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



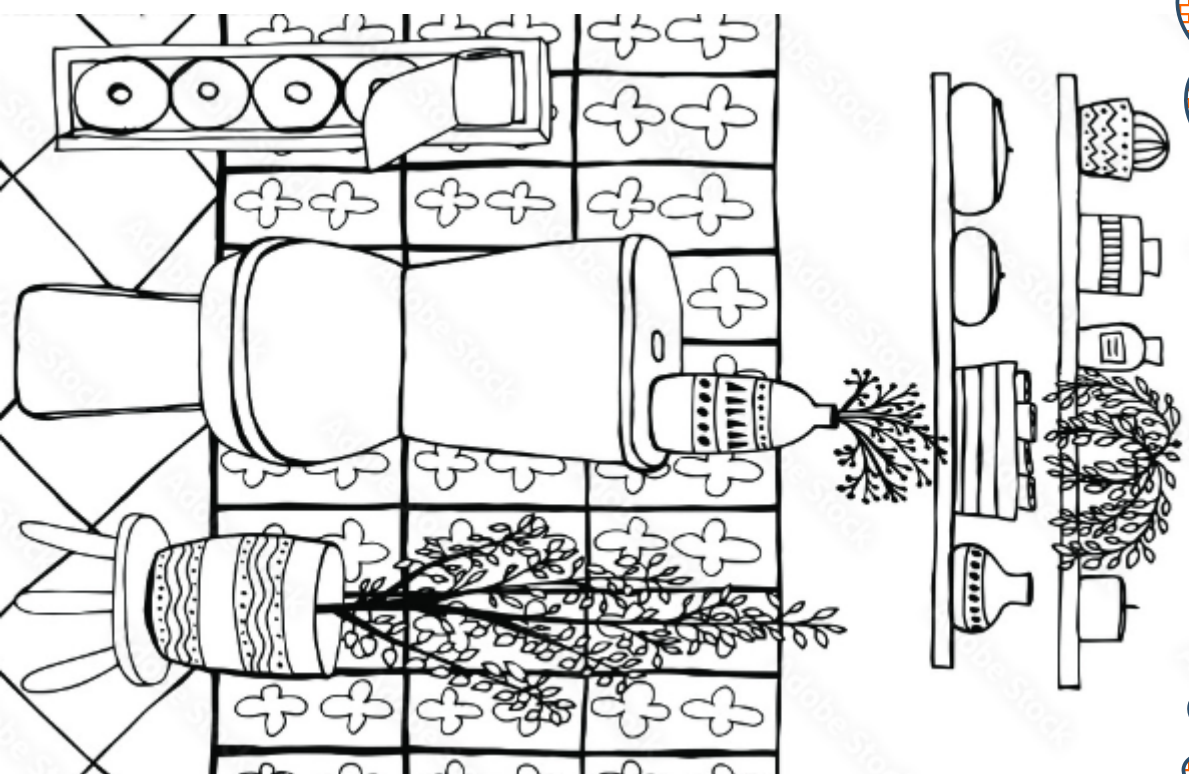
Get your own "special Cup" or
"special straw"

Poo Dot to Dot

Poo Colouring



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



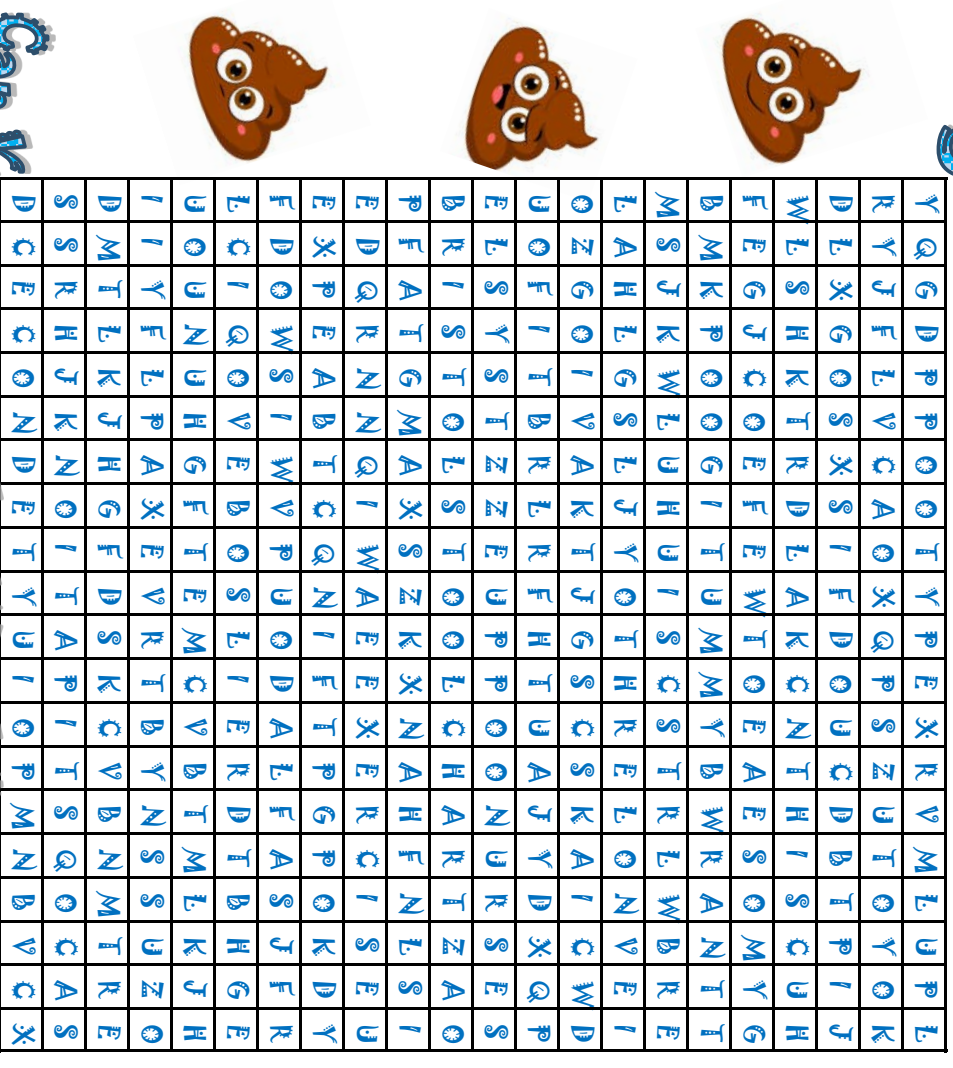
NAME: _____ I Completed My Poo Colouring on: _____

YUM YUM EAT 'EM UP

A TALKING TOILET MAZE



My Poo Word Search



Can you find all the Words?

BRISTOL STOOL CHART		TOILET	POO TYPE
FARTS		POO	REGULAR
CONSTIPATION		FLUIDS	ANUS
SMELLY		CORRECT POSITION	TUMMY
STOOLS		DIET	POO NURSES

NAME: _____ I Completed My Poo Wordsearch on: _____

MY POO REWARD CHART



Help! I'm stuck in space and need to jump on the poo stars to get back to poo planet! Can you help me?



Can You Blow Mr. RAINBOW Poo away?

Instructions

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

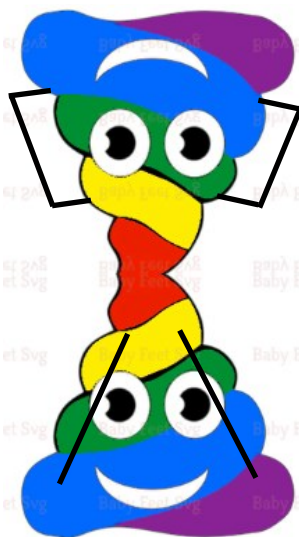
Get an adult to help you to cut out your "straw"

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...

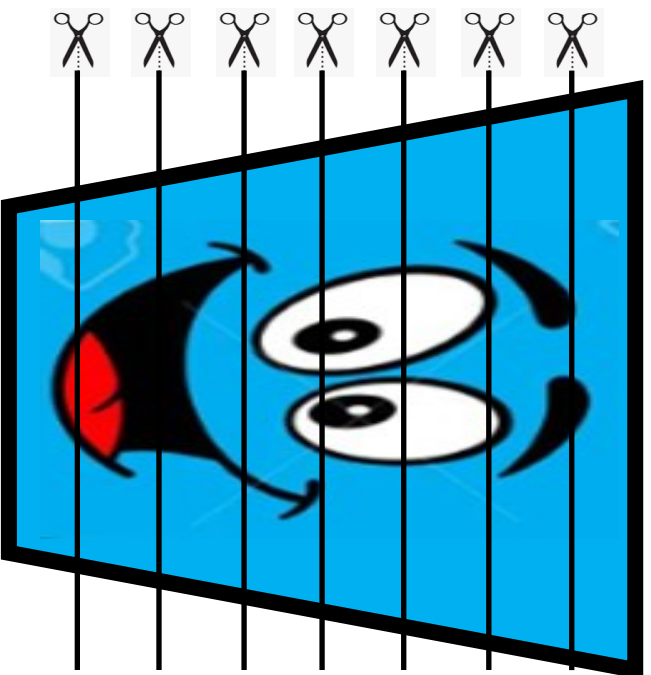


Cut around your straw



Cut around Mr. Rainbow Poo

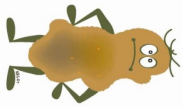
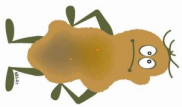
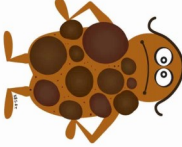
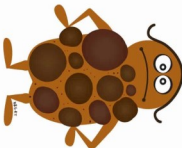
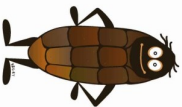

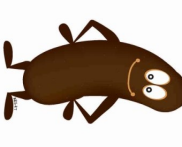
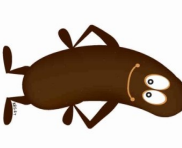
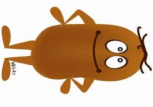
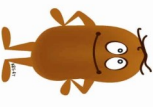
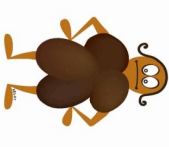
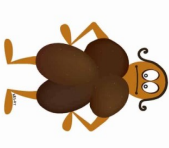


Cut these water segments out with the help of an adult and use them to give Laxative Larry his smile back on your Medicine Chart



MY MEDICINE CHART



Poo Pairs Game

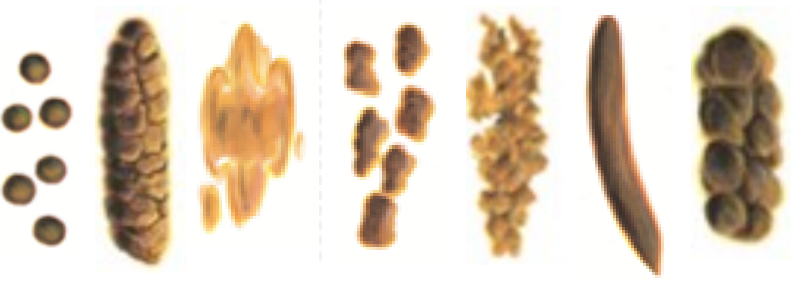
 Porriss Porridge	 Porriss Porridge	 Rabbitha Dropping	 Rabbitha Dropping
 Cornelia Corn	 Cornelia Corn	 Sausagena Sausage	 Sausagena Sausage
 Chickeneena Nugget	 Chickeneena Nugget	 Grapeena Grape	 Grapeena Grape
 Gravina Gravy	 Gravina Gravy		

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

THE BISTOL STOOL FORM SCALE (for children) choose your Poo!

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

Ask your parent/carer to cut out the poos and see if you can match them up to the correct Type of poo they are



This is the correct toilet position and will help you to push out pesky poos



Put your feet higher than your hip

Lean forward and put elbows on knees








Push out your forward and tighten your back

Correct Position

Childhood Constipation Service

	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			
	Before Bedtime			
Wednesday	When I Wake Up			
	After Breakfast			
	After Lunch			
	After Dinner			
	Before Bedtime			
Thursday	When I Wake Up			
	After Breakfast			
	After Lunch			
	After Dinner			
	Before Bedtime			
Friday	When I Wake Up			
	After Breakfast			
	After Lunch			
	After Dinner			
	Before Bedtime			
Saturday	When I Wake Up			
	After Breakfast			
	After Lunch			
	After Dinner			
	Before Bedtime			
Sunday	When I Wake Up			
	After Breakfast			
	After Lunch			
	After Dinner			
	Before Bedtime			

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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

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.

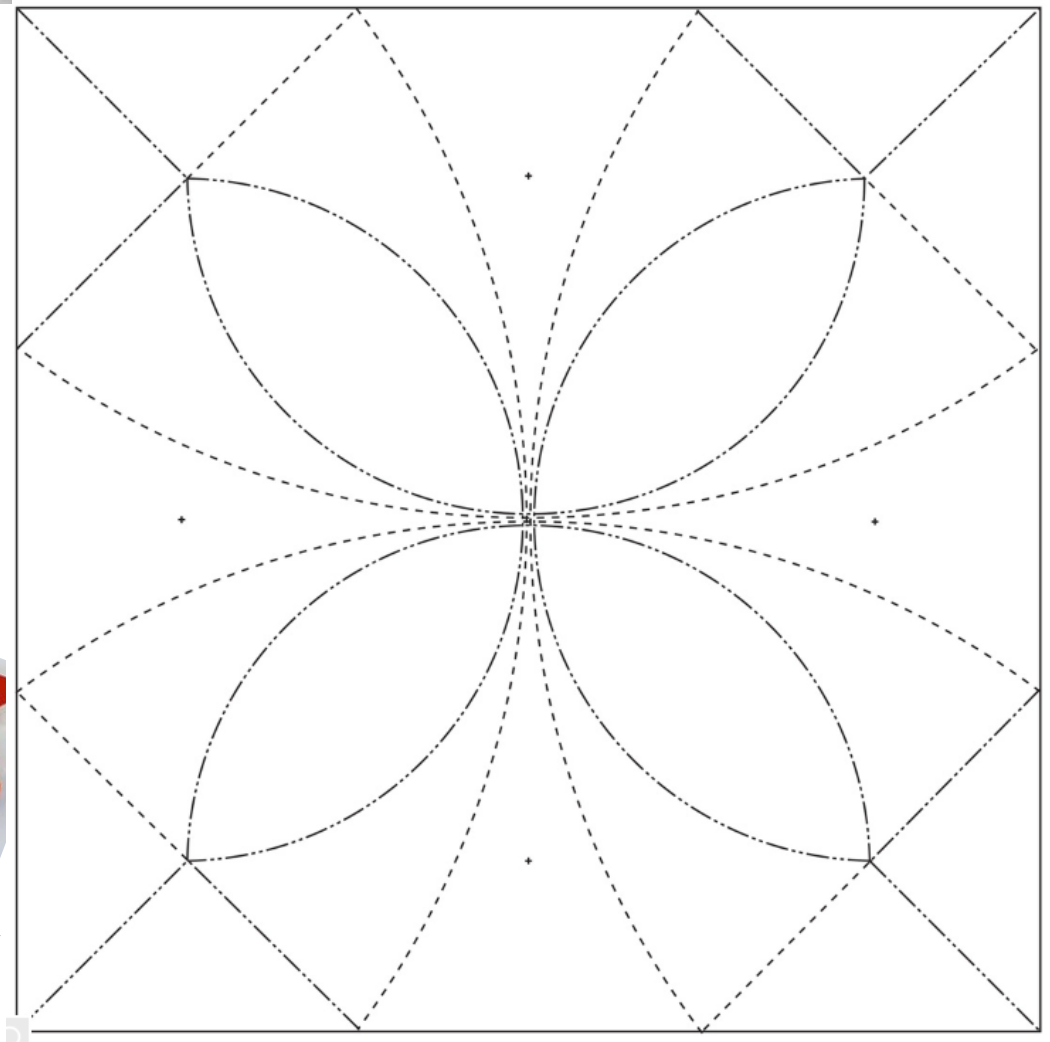
5. Once all the 4 corners are in the middle, push a pin through them all as well as a straw or piece of cardboard (whatever you want to make your stick out of)



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 →



Macrocols ...

Macrocols include Medications such as: Movicol, Cosmol, 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.



Macrocols 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..... MACROCOLS 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

Macrocols 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.