

It is embarrassing to talk about your poo, right? I mean, who wants to tell their parents what their poo looks like?

This Diary is designed to let your parents know what's going on with your tummy pains and poo, without having to talk about it.

Just answer the next few questions and use this diary to write what your poo has been like each day, then share it with your parent. Or, maybe you could decide on a place in your house where you could leave your diary so that your parent can check on how your doing without needing to talk to you about it.

There's even a little section that your parent can write in too.

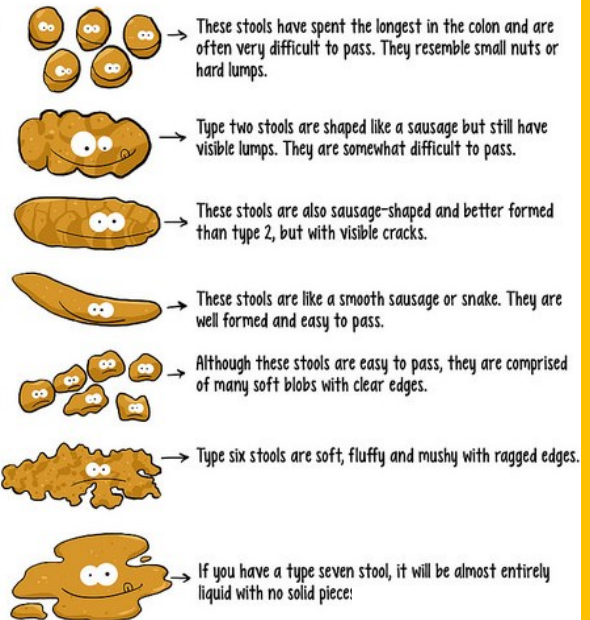
This Diary Belongs To :

Each day, my tummy feels like :

I don't like my medicine because :

I don't think I need my medicine because :

Use this chart to
Get to know what
Type your poo is...



Why Have You Been Given Medicine Sachets?

You have got special medicine that you need to drink once your parents have mixed it up for you, because you are constipated. Constipation is when you find it hard to poo or you poo less often than usual. If you do not take your medicine, then the constipation will not go away.

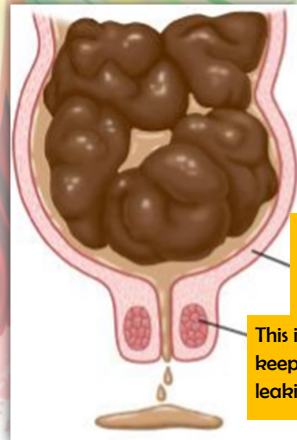
Sometimes, Poo Gets Stuck...

When you can't have a poo without pushing hard, or it hurts when you try to poo, it could be because you have lots of poo stuck inside your bottom. Nobody knows exactly why this happens, but it is important to take the medicine to unstick the poo that is stuck.

This picture shows you what it looks like inside your tummy when you have constipation. Look at all that stuck poo!



This is what a normal bottom looks like



This shows all the sneaky poo leaking around the stuck poo

This is the muscle that keeps your poo from leaking out

If you don't take your medicine the poo will get bigger and bigger, and you will have lots of tummy aches. Poo might even start to leak around this big bit of stuck poo and come out in your underwear.



So, What Does The Medicine Actually Do?

The medicine comes in a special powder, that has to be mixed with water. Maybe you could help your parents to do this—it's fun watching the mixture go from foggy to clear!

This mixture has to then be drunk for it to start moving your stuck poo. It is not like drinking any other drink—this one stays inside your bowels and adds itself to all of the stuck poo so that it makes it more squidgy and soft. It is then easier for you to poo all of the stuck poo out.

If You Don't Have Your Medicine

If you do not take your medicine

We know it's not the nicest medicine to drink, but if you don't drink it, then all of that stuck poo will continue to get bigger.

If you take your medicine every day, it will make sure that the stuck poo can't come back either!

But, if you stop drinking your medicine, that poo will begin to grow again until it's stuck.

Diary Day 1

Date - ()

Today, my tummy has felt _____

Have you had a poo today? _____

If you had a poo, what Type Poo did it look like? (Use your Poo Chart in this book) _____

Did you take your medicine today? _____

If you didn't, why? _____

Write any worries here _____

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