

Constipation in Children

Children's Services

What is constipation?

Constipation is where there is delay and sometimes difficulty in passing stool. This means that the child passes stool less frequently than normal, which is harder in consistency, although this is not always the case

What are the symptoms?

Your child may have one or a combination of the following:

- Poor appetite
- Lack of energy
- Unhappy / irritable / angry
- Irregular bowel activity
- Irregular stool texture
- Withholding stools or straining
- Pain on passing stool
- Wetting when previously toilet trained.

What is the treatment?

The management of constipation is to keep the bowel relatively empty.

This is done by:

- Encouraging a healthy diet which is high in fibre
- Fruits and fruit juices (especially prune, pear or apple) are helpful to the bowel
- Encouraging plenty of fluids- at least 6-8 glasses a day
- Excess milk consumption can aggravate constipation
- Exercise helps children go to the toilet, is fun and also helps them to stay fit and healthy!

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- **Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available**
- **If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111**
- **Keep the environment clean and tidy**
- **Let's work together to keep infections out of our hospitals and care homes.**

Medication

Your child will probably be prescribed medication to help relieve the constipation. Often only one medicine is used but sometimes a combination are used together to soften the stool and stimulate the bowels to open regularly.

Often medication is needed for several months.

If you need to discuss this further please contact your child's doctor, health visitor or school nurse.

You can find more information also on www.patient.co.uk

Carefully follow the instructions you have been given about the doses, especially about any increase in doses if the constipation does not respond.

Get further supplies of the medication from your GP on prescription. Do this well in time so that you don't run out of the treatment.

The medication will work better if used with the other advice in this leaflet.

How else can I help my child?

- Make sure your child has easy access to the toilet
- Make sure your child has privacy and dignity in the toilet
- Allow plenty of time for the toilet to be used
- Encourage your child to use the toilet at regular intervals. After meals is a good time to try the toilet – sit on it for up to 5 minutes to try and pass stool
- Give your child something to read or play with whilst in the toilet
- Never punish your child if they do not use the toilet to have their bowels open
- Support your child and praise them when the toilet is used.

The majority of children with constipation are successfully treated.

Remember...

Constipation can be a problem for a long time and it will take time, effort and consistency to cure it.

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。