

My Constipation Care Plan

EasyRead Version



This is a picture of me



My name is



My date of birth is



Date this plan was agreed



I sometimes suffer with constipation.

This advice is to help keep me well.

Eat well

I need to eat a high fibre diet. This means eating things like:

- fruit
- vegetables
- wholegrain cereals
- wholemeal bread



These foods give me constipation and I should avoid eating them:



Drink plenty

I need to drink plenty of water or other drinks.

I should drink this number of glasses every day.



Exercise

I need to exercise every day. I like:

- Walking
- Jogging
- Swimming
- Dancing
- Something else (please tell us)



Going to the toilet



I need reminding to go to the toilet regularly.

It is healthy to have a poo every day. It should be soft and it should not hurt.



I usually have a poo times a day,

or

I usually have a poo every days.



I might find it easier to have a poo if I put my feet on a low stool while I sit on the toilet.



I need to keep a record of my poo to help me stay healthy.

Medication

I may need medication to help me to do a poo.

Please make sure I take this medication.



My medication for constipation is:



When I need to take my constipation medication:

Warning signs

If I have not had a poo for 3 days or more you will need to:

Please write what you need to us to do.



When I am constipated you might notice these things:

- Hard or large poo. Or small balls of poo.



- Tummy ache



- I pass lots of smelly wind. Or I might stop passing wind.



- Poo in my underwear.



- I might behave differently. Please write how you might behave.



Who can help

If I need help or support I can speak to my carer or doctor.

My doctor's surgery is:

My doctor's telephone number is:



This document is based on the NHS Poo Matters leaflet. You can read this online at

<https://www.england.nhs.uk/wp-content/uploads/2019/05/constipation-resources-families-carers-stage-31-web.pdf>



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