

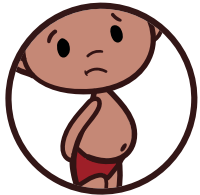
Constipation

What is constipation?

- It is having difficulty with pooping (passing stool).
- It is very common in children.
- It can cause pain and result in irritability and crying.

Symptoms of constipation

Poop (stool)



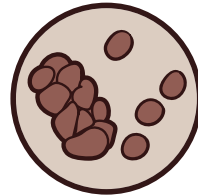
Swollen stomach (abdomen)



Stomach pain or cramps



Is hard to pass



Looks like little nuts or large, dry sausage



Changes in how your child acts



Your child may eat less



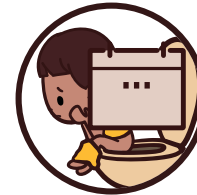
It hurts to pass



There is sometimes blood



Go back to the clinic if your child:



Does **NOT** poop in 3 days



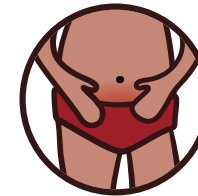
Has worsening stomach pain



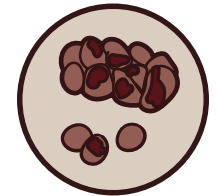
Vomits



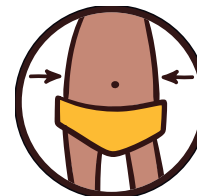
Is eating and drinking less



Is not able to pee



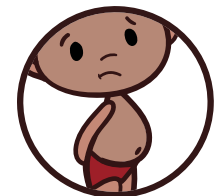
Has blood in poop



Is losing weight



Has a fever



Has a swollen stomach (abdomen)

Ways to treat and prevent constipation

It takes time to fix constipation. Some children get better with changes in what they drink and eat. Other children need medication to help with constipation.

Try more

- Water to drink
- Prune, pear or apple juice to drink
- High-fibre foods (e.g., vegetables, fruits and cereal that is high in fibre) to eat
- Physical activity and play
- Regular sitting on the toilet (after every meal) to try to poop

Try less

- Fatty, processed and unhealthy foods
- Dairy foods (e.g., milk and cheese)

For more information, contact your health-care provider.