

Constipation

Information for patients,
carers and relatives

**Easy
Read**



easy read



This booklet uses easy words and pictures.

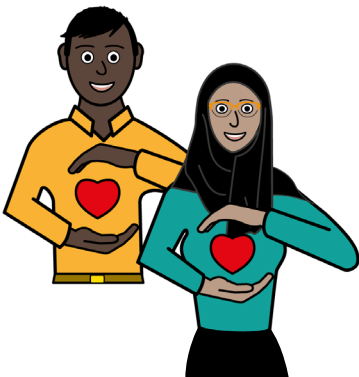
You might want to ask someone to help you read it.

hospital



When you come into hospital, we will always ask you about your wee and poo.

being well



Your wee and poo can tell us a lot about how your body is working.

**support going
to the toilet**



constipation



painful



We want to know what support you need to go to the toilet.

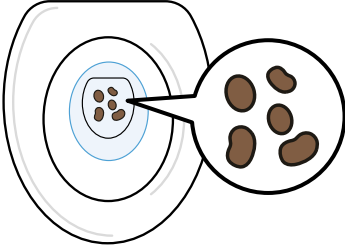
So we can help you.

Or if you are constipated.

Constipation is when it is hard to poo

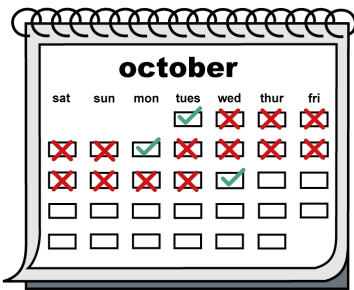
It can be painful.

small, hard or solid poo



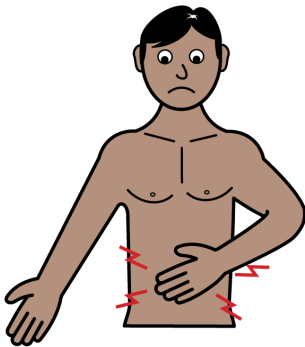
Your poo might be smaller, hard or solid.

poo less often



You might poo less often.

tummy ache



It can give you tummy ache.

feel sick



loss of appetite



very unwell



Or make you feel sick.

Some people might not feel like eating or drinking when they are constipated.

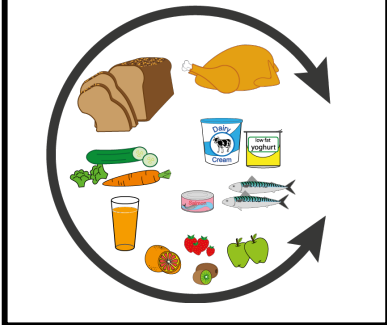
Constipation can make you feel very unwell so you should always get checked out.

talk to doctor



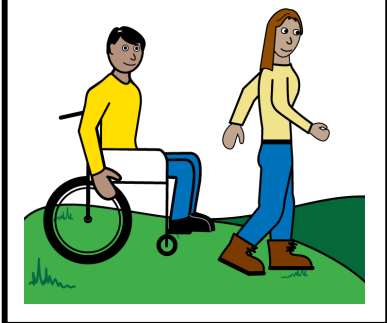
You might need to talk to your doctor.

change diet



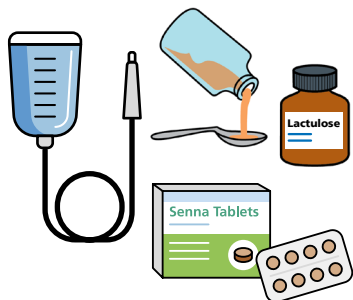
Or make changes to your diet

exercise



Or your daily exercise routine.

medicine



Sometimes you might need some medicine to help you poo.

normal routine



Understanding your usual routine is important.

keep a diary



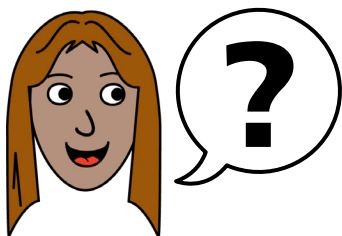
Keeping a diary can help. Include:

- What you eat and drink.
- Your exercise and activities.
- How often you poo.

diarrhoea



ask



hospital passport



Sometimes constipation can mean your poo is very watery – like diarrhoea.

Always tell someone who supports you if you have diarrhoea .

If you have any questions, you can ask the staff.

If you have a Learning Disability or Autism diagnosis please complete a Health Passport and return it to the Learning Disability and Autism team on:

leedsth-tr.ldautism@nhs.net



What did you think of your care?

Scan the QR code or visit bit.ly/nhsleedsfft

Your views matter



© The Leeds Teaching Hospitals NHS Trust • 1st edition Ver 1
Developed by: Kathleen Smith • Quality Improvement Clinician for Learning
Disability and Autism. All images / Resources Copyright © LYPFT easyonthei
Produced by: Medical Illustration Services • MID code: M20231009_005/DG

LN005708
Publication date
10 / 2023
Review date
10 / 2026