

CONSTIPATION

HOW LONG WILL IT LAST? A few days

HOW SERIOUS IS IT? Mild

CAN I STILL WORK? Yes

WHAT IS IT?

Constipation is when your poo becomes hard and you find it more difficult than usual, or even painful, to go to the toilet.

Constipation may be accompanied by feeling bloated or sick, losing your appetite, and aches or cramps in your abdomen.

Some medicines can also cause constipation.



HOW DO I TREAT IT?

- Increase your daily fibre intake by eating more fruit, vegetables and cereals, or by taking soluble fibre in the form of oats.
- Drink plenty of water.
- Try to exercise more.
- Respond to your bowel's natural pattern and do not delay going to the toilet when you feel the urge to go.

MEDICINES:

Paracetamol can help to relieve pain. Many medicines are available over the counter to help you go to the toilet. Speak with your pharmacist for advice.

WHEN DO I NEED MEDICAL ATTENTION?

In rare cases, more serious underlying causes can make you constipated. See your GP if you notice any of the following:

- You've been constipated for six weeks.
- Your tummy becomes increasingly swollen, and/or you start vomiting.
- You're over 50 and have never suffered from constipation before.
- You think that a medication makes you constipated.
- You notice blood in your poo.
- You've been losing weight for no apparent reason.