

What is constipation?

Constipation is common and it affects people of all ages. You can usually treat it at home with simple changes to your diet and lifestyle.

It's likely to be constipation if:

You have had less than three bowel movements in the last week

Your poo is large and dry, or small and hard to pass

You are straining or in pain when you go to the toilet

1 Recognise

It is important that constipation is treated quickly before it becomes a problem. If a person can't tell you about their bowel movements, you will need to observe and record their bowel movements.



Stomach ache, cramps and/or bloating

Behavioural change – this may be the only way a person with a learning disability tells you they are constipated



Loss of appetite, nausea or vomiting

Rectal bleeding or pain



Soiling of underwear from leaking of poo (overflow diarrhoea)

2 Report

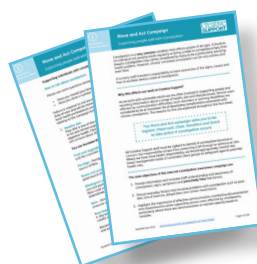


If you suspect someone you care for has a problem with constipation then it is important that you seek medical advice as soon as possible, from either your local nurse or GP.

3 Record



Service users affected by constipation should have a risk assessment and support plan in place which clearly documents what level of support and monitoring is required.



Download our Move and Act Campaign to find out more about how you can support people with constipation.