

Constipation



What is constipation?

Constipation is when someone finds it hard to poo, or poos less often than usual.



If someone is constipated, they need to get help to make sure they don't get ill.



This Easy Read tells you about the signs of constipation, and what you should do if you have it.



What does healthy poo look like?

Healthy poo looks like:

- a sausage with cracks on the outside.

or:



- a sausage or snake shape which is smooth and soft.



What are the signs of constipation?

You could have constipation if:

- You have a sore tummy.



- Your poo is too hard, lumpy or runny.



- You are not pooing as much as you usually do.



Look out for unhealthy poo

Unhealthy poo will look like:

- separate hard lumps, like nuts which are hard to push out.
- sausage shaped but lumpy



- separate soft blobs (small drops) with clear cut edges



- a mushy poo with fluffy pieces and uneven edges



or:



- watery with no solid pieces at all.



What to do if you think you have constipation

If your poo does not look healthy you should tell someone you trust.



You may need to see a doctor.



[Post these pictures](#) on social media to help more people with a learning disability know about constipation.



This Easy Read has been created using images and content from [LeDeR](#)* and some images from Photosymbols.

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***LeDeR is a service improvement programme for people with a learning disability and autistic people.**