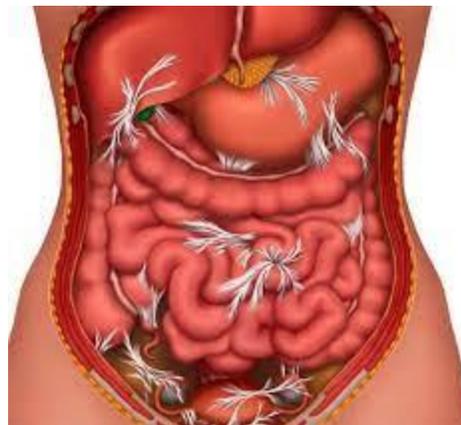




Welcome to our presentation about
bowel health



- Constipation is when you find it hard to go to the toilet.
- It is not always nice to talk about it but it is very important that we do.
- It is not a good thing to talk about when you are eating or in public, like on the bus.
- It is something we talk about with people we trust.



You might be finding it hard to go



You have a bloated tummy.



Your poo is hard.



It is very painful to go.



You can't go at all.

What makes your bowel not work well?



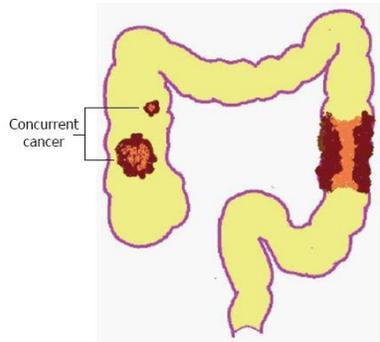
Not drinking enough water and hot drinks.



Some medicines can affect your bowel. Make sure they are safe for you before you take them.



Fatty food isn't not good for you and your bowel.



Bowel trouble can be painful inside your tummy. Your tube can block.



Being too cold.



Cakes are nice but only for a treat sometimes.

Who can you talk to if you have any worries?

Support workers / family & carers



Female & Male doctors



Dietician



Best friend



Nurse

What could be the cause of it ?

If you don't eat enough healthy food like fruit and veg you might become poorly.



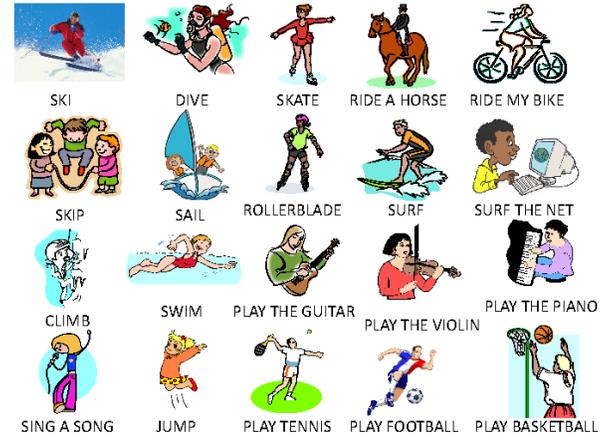
You need more vitamin C to help your bowel to work sometimes.

*mg per 100g					VITAMIN C					@thefitnesschef				
GUAVA	BLACKCURRANTS	KIWIFRUIT	LEMON	PEPPERMINT	STRAWBERRIES	GOOSEBERRY	MANGO	PASSIONFRUIT	BLACKBERRIES	GREEN CHILLI	PARSLEY	RED PEPPER	BROCCOLI	GREEN PEPPER
228 mg	181 mg	93 mg	77 mg	96 mg	60 mg	50 mg	36 mg	30 mg	21 mg	24 mg	156 mg	142 mg	90 mg	30 mg
CAULIFLOWER	CABBAGE	POTATO	SWEET POTATO	CHILI SAUCE										
46 mg	44 mg	20 mg	2 mg	75 mg										

We all like to have a takeaway but it is not good for your health. But it is okay to have a treat sometimes.



You need to keep as active as much as possible to help you with your bowel movements.



If you don't have enough to drink you might not be able to go to the toilet.

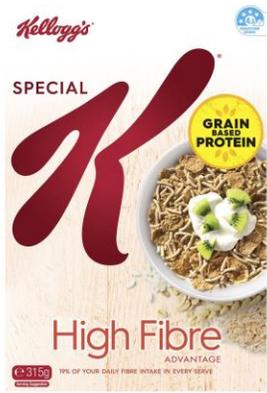


If you keep having a problem, get checked out by your doctors.



If things get worse, you might need to go to hospital.

What could help you with your bowel?



Change your diet like having more fibre.



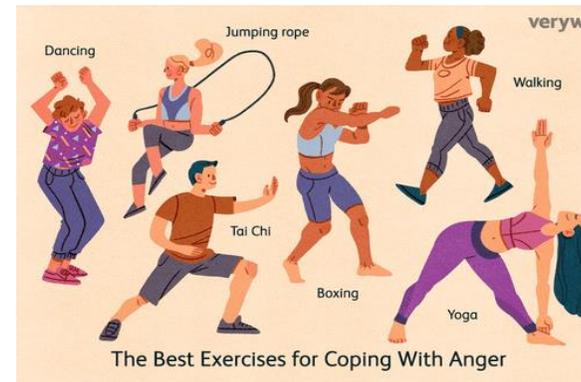
Take a laxative if you have talked to a doctor or pharmacist.



Take a hot bath to help you relax.



Drink more water.



Do more exercise. It is very good for you.



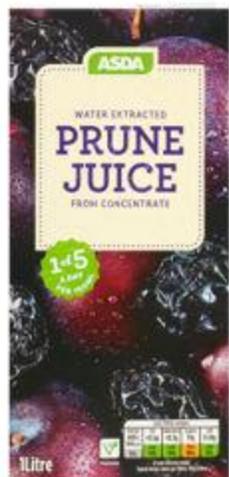
Don't eat too much.



Peppermint tea or different flavoured tea is very good for you.

Our personal ideas

- Yoghurts are good for your gut health.
- Soya milk could be good for you instead of cows milk.
- Cranberry/ prune juice or orange juice and blackcurrant squash can help.



Who to call if you have problems with your bowel?

Family or carer

Doctors/G.P

pharmacy

NHS 111

For emergencies

Call 999



Thank you for listening to our presentation by Cody and
Kayleigh

Do you have any questions?

