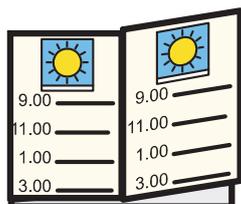


# Keeping your bowels healthy

Great Ormond Street  
Hospital for Children  
NHS Foundation Trust



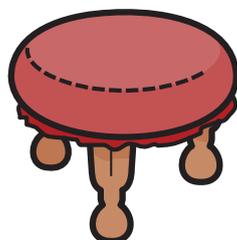
It is important to keep your bowels healthy.  
Bowel problems can give you tummy ache.



Keep a diary so you get to know how your bowels work.  
You might find some foods make you have runny poo.  
Other foods might make it difficult to poo.



Choose a time when you don't have to rush.  
A good time is about 30 minutes after eating.



Get in a comfortable position to poo.  
Put your feet on a stool or step  
so your knees are higher than your bottom.



When you finish, wipe your bottom from front to back to keep clean.



Drink plenty of fluids - spread throughout the day.  
Avoid fizzy and sugary drinks.

# Keeping your bowels healthy



Eat a healthy, balanced diet.  
Fruit and vegetables have a lot of fibre so are good for your bowels.



So are wholegrain breads and cereals  
but don't eat too many of these as they can also cause constipation.



Exercise is good for your bowels too.



Wash every day using soap and water.  
Pat the skin on your bottom dry - do not rub.



If you are constipated and it is difficult to poo - ask for help.



If you have any questions, please ask us.