

Reads for Paeds

# I Can Poo, So Can You!

A book about constipation



This book is meant only to support what a young person and their family have already been told about their condition by a healthcare professional. Do not use this book to replace advice and treatment from a doctor.

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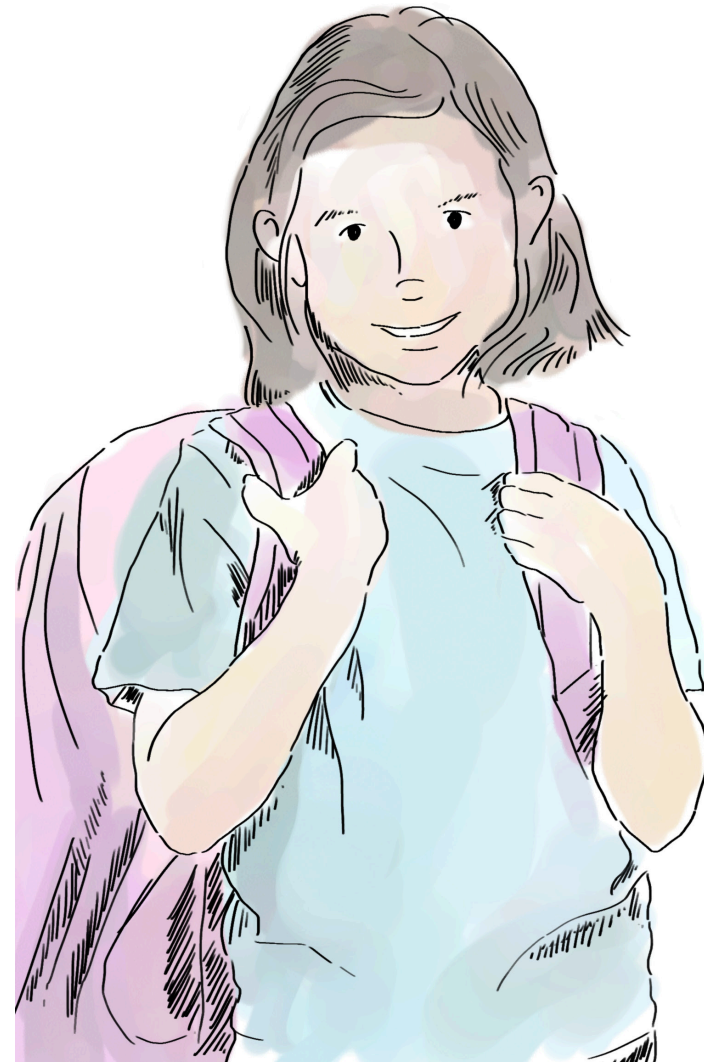
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Hi there! My name is Annie, and I am seven years old. I live with my mom and dad, and my big brother Nathaniel. I like colouring and playing outside with my friends.

Last year, I started having trouble going poop. Sometimes constipation can seem like a scary thing, but it doesn't have to be. I am going to tell you my story.



It all started on my first day of grade 1, when I was six years old. My first day of school was a lot of fun, but I was still really afraid of using the bathroom because it was in the grade 6 hallway. All the big kids seemed so tall and scary!

In my first week, I had to use the bathroom to poop, but I tried to ignore my tummy. I wanted to wait to go at home instead, so I didn't have to walk past the grade 6's. Sometimes it was really hard to hold it until I got home.



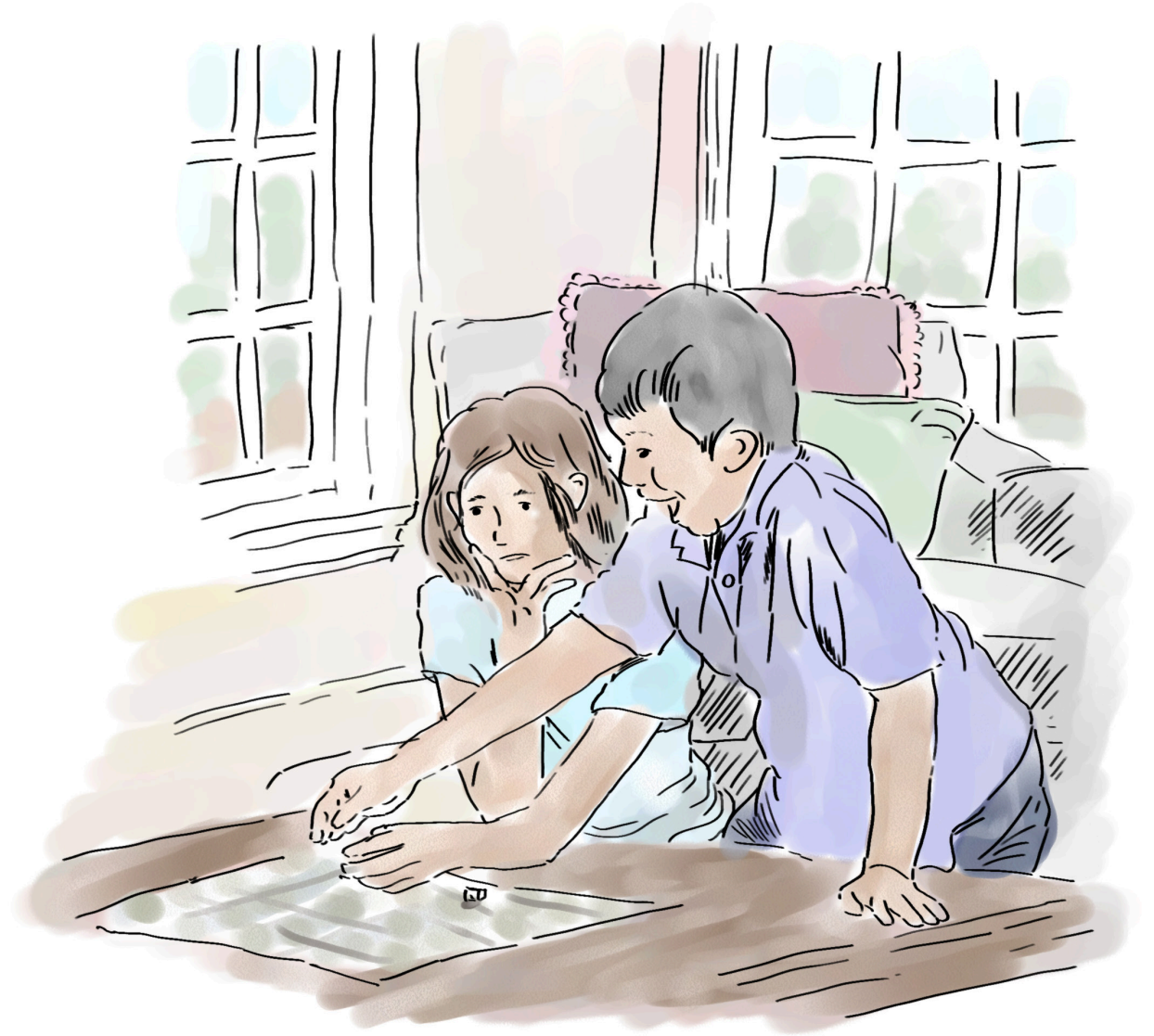
Over the next few weeks, I kept waiting till I got home and my tummy was always hurting so much. It also started to hurt to poo, so I tried to hold it in for as long as I could.

Instead of pooping every day, I started going once every 2 days and then the time between poops got longer and longer. I once went a whole week without going!



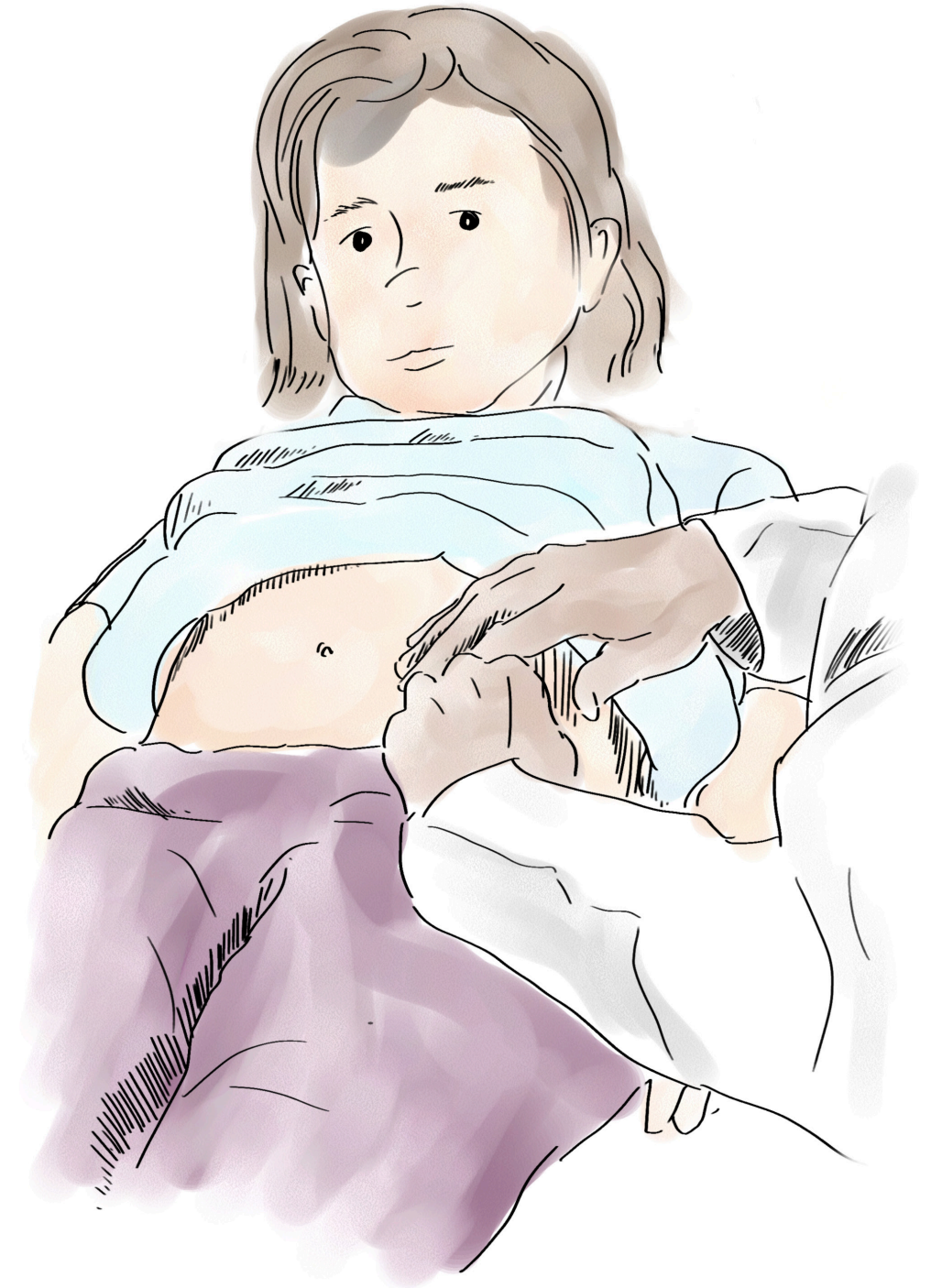
One time I was playing Snakes and Ladders with my brother, and he started to make fun of me because I smelled stinky. I couldn't smell anything.

My mom also found poop stains in my underwear. She was very upset that I was having accidents again, but I didn't know how to stop it.



The day after we argued, my mom and dad told me we were going to see Dr. Reyes. He was very nice, but he asked me so many questions about poop, and how often I went to the bathroom, and what my poop looked like.

He asked to take a quick look at my tummy and told me he was going to push down to feel what was inside. He said he could feel lots of poop in my belly. He asked me if I was pooping everyday and I told him about how I was too scared to go at school.



He told me that I had something called constipation, and that the accidents were not my fault.

He explained that because I wasn't going to the bathroom as much as I should, the poop was piling up in my belly and becoming bigger and harder. That made it hurt even more when I did try to poo.

Dr. Reyes told me and my parents that there were a few things I had to do to make pooping easier:

- Sit on the toilet for 10 minutes after breakfast, lunch, and dinner to try to poop

- Drink lots of water, and eat all my vegetables

- Take a medicine called PEG





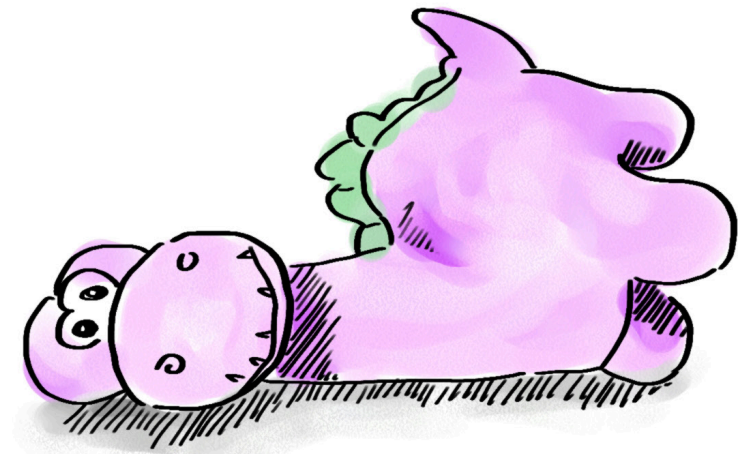
This seemed like too much to do, and I didn't want to do any of it. But he said I had to try, and that he would check up on me in a few weeks to see how I was doing.

That night after dinner, my parents said I had to go sit on the toilet for 10 minutes. But I didn't want to! Nathaniel was colouring, and I wanted to colour too! It wasn't fair.



My mom said I couldn't colour until I at least tried to poop, but I could take my toy with me.

We had arguments like this sometimes, but I always had to listen to them. And I was so upset at first because nothing was coming out.



The first time I had to use the bathroom at school, I was really nervous and couldn't find it. But this really nice grade 6 named Meera saw that I was lost and helped me find it. After that the grade 6s didn't seem so scary.




I also started taking PEG with my breakfast everyday. Dad put it in my orange juice and it didn't taste or smell any different.



My parents surprised me with a sticker chart. Every time I took my medicine or sat on the toilet after meals I got to add a sticker to the chart. It was hard at first but helped me follow what Dr. Reyes told me to do.

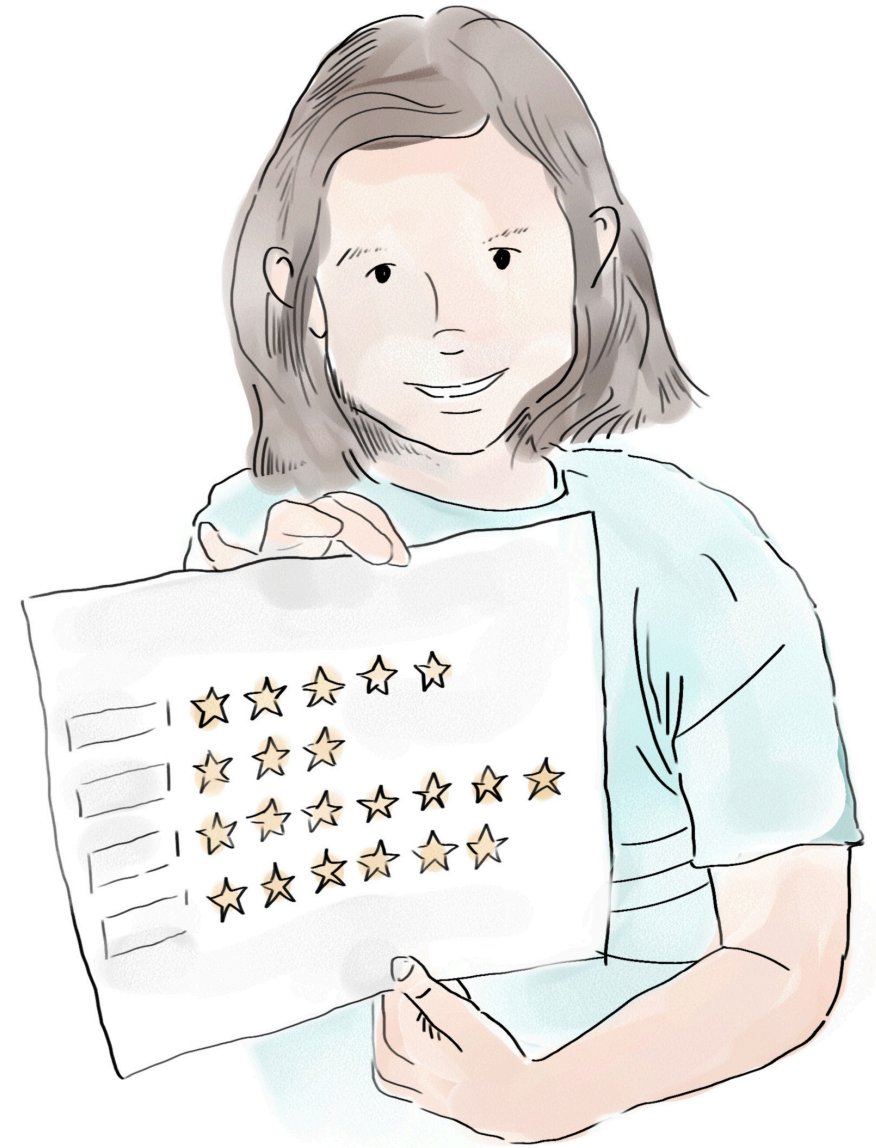
It took a while, but eventually it became easier for me to poop, and it didn't hurt as much! Even though I felt better, I knew I still needed to keep taking my medicine and doing my toilet-sitting to make sure the constipation did not come back.

This is my sticker chart.  
Feel free to use it, or make your own!

	SAT ON THE TOILET FOR 5 MINUTES	POOPED IN THE TOILET	TOOK MY MEDICINE
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			

It's been one full year since Dr. Reyes told me I had constipation. Today, I am going to see him again. I am excited to show him my full sticker chart! I still sit on the toilet after meals, and I still take PEG every morning! It doesn't hurt when I poop anymore, and I stopped having accidents.

That's my story. I know it can be hard to do all the things the doctor says. But it's important to do them to stay healthy. If I can do it, you can too!





## Epilepsy

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