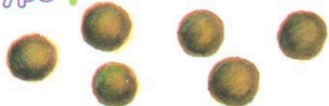


# choose your **POO!**

THE BRISTOL STOOL FORM GUIDE (for children)

type **1**



looks like  
**rabbit droppings**

Separate hard lumps,  
like nuts (hard to pass)

type **2**



looks like  
**bunch of grapes**

Sausage-shaped but lumpy

type **3**



looks like  
**corn on cob**

Like a sausage but with  
cracks on its surface

type **4**



looks like  
**sausage**

Like a sausage or snake,  
smooth & soft

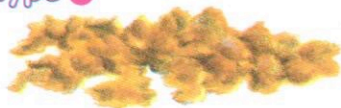
type **5**



looks like  
**chicken nuggets**

Soft blobs with clear-cut  
edges (passed easily)

type **6**



looks like  
**porridge**

Fluffy pieces with ragged  
edges, a mushy stool

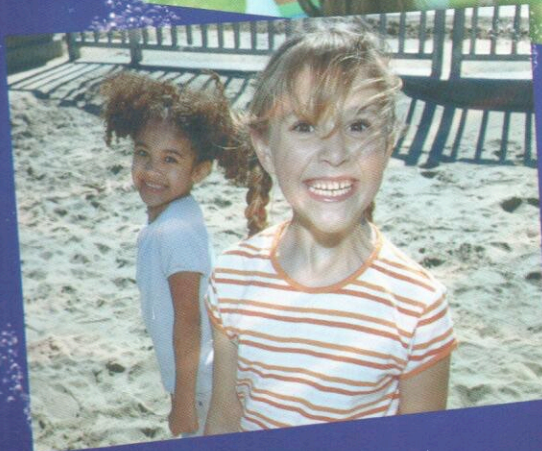
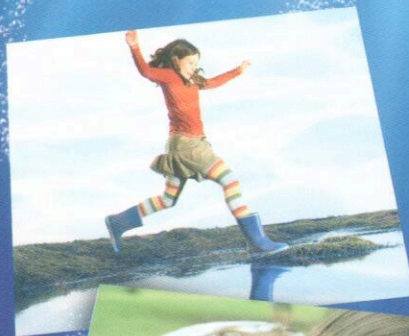
type **7**



looks like  
**gravy**

Watery, no solid pieces  
ENTIRELY LIQUID

## Advice for children taking **MOVICOL® Paediatric Plain**



Concept by Professor DCA Candy and Emma Davey, based on the Bristol Stool Form Scale produced by Dr KW Heaton, Reader in Medicine at the University of Bristol.

©2005 Produced by Norgine Pharmaceuticals Limited, manufacturer of Movicol® Paediatric Plain

Watch Video: [www.thepoonurses.uk](http://www.thepoonurses.uk)

**You have been given this leaflet as you have been prescribed MOVICOL Paediatric Plain to treat your constipation or faecal impaction. By doing what this leaflet says, you can get the best from your medicine.**

### **What is constipation?**

Constipation means not having a poo as often as you are used to. This can be very different for different children. If you are going less than you normally do, then you may be constipated. Other ways to tell that you have constipation are:

- A pain in your tummy or bottom
- Having a poo that really hurts
- Finding it difficult to have a poo
- The feeling you still want to go, even after you have had a poo

### **What is faecal impaction?**

Your doctor will say you have faecal impaction when you have not had a proper poo for several days or weeks. Faecal comes from the word faeces, your doctor's name for poo. With faecal impaction your poo builds up in your insides, and finds it more and more difficult to get out.

If you do try to go to the loo it may hurt a lot. Children with faecal impaction tend to have a dribbly bottom and often dirty their pants.

### **What is MOVICOL Paediatric Plain?**

Each sachet contains a white powder that you need to mix with water before taking. MOVICOL Paediatric Plain carries the water to your insides where it softens your poo, making it easier to go to the toilet.

You should not have a problem with sudden urges to go to the toilet, or have too much wind. MOVICOL Paediatric Plain usually takes about a day or so to work.

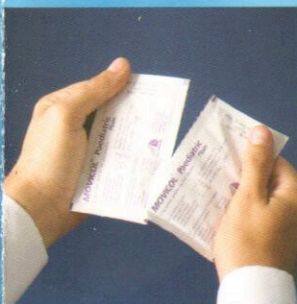


# How to take your sachets

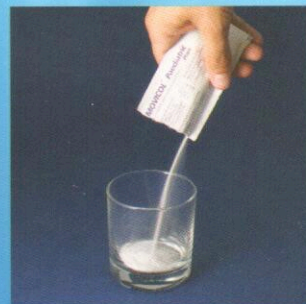
The doctor or nurse will have chosen a dose to suit you. For full details, please read the Patient Information Leaflet supplied with your box of MOVICOL Paediatric Plain. The powder should dissolve easily and it has no flavour or sweetener. If you want to change the way it tastes, you can add fruit squash or juice to flavour the reconstituted solution.



- 1** The MOVICOL Paediatric Plain sachets are packed in pairs in the box.



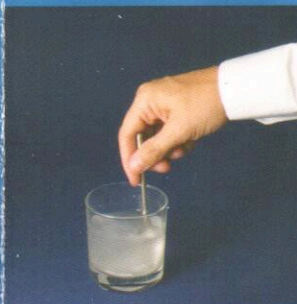
- 2** To separate the 2 sachets tear down the perforation. (Fold first if necessary).



- 3** Pour the contents of one sachet of MOVICOL Paediatric Plain into a glass.



- 4** Add about  $\frac{1}{4}$  of a glass of water (63ml).



- 5** Stir the mixture until the powder has dissolved.



- 6** Drink the solution.

If you can't drink it all at once, it is OK to drink it bit by bit over 6 hours.



## How many sachets?

### *In constipation*

The usual dose of MOVICOL Paediatric Plain is 1-2 sachets per day.

### *In faecal impaction*

	No. of sachets	Your dose
Day 1	4	
Day 2	6	
Day 3	8	
Day 4	10	
Day 5	12	
Day 6	12	
Day 7	12	

Once your faecal impaction is cleared the dose will be reduced, talk to your doctor or nurse about this.

There are lots of different ways to split up your dose. Just remember to take the total daily dosage within 12 hours.

## What else will help?

- Sit on the toilet regularly, for example, for 5 minutes after each meal
- Drink more than usual, that is between 6 to 8 drinks per day
- Eat 5 portions of fruit and vegetables per day
- If you want to go to the toilet, go immediately – don't hold on
- Try to take some kind of exercise every day

## Things that may happen when you take this medicine

### *Feeling sick and being sick*

This might happen, but do not let it stop you taking your medicine. Just delay or reduce your next dose.

### *Very soft poo*

Don't worry, this shows that MOVICOL Paediatric Plain has started to work.

If there is anything you are not sure about, please contact your doctor, nurse or pharmacist.

## ...and finally

It may be a good idea to keep a note of how often you poo, and what type of poo it is. Use the Poo Chart in this leaflet to recognise your type of poo, then each time you go to the toilet, fill in all sections of the Record Card on the next page, including the date and time, the number from the Poo Chart that best describes how your poo looks and the number of sachets you take each day. Give the completed card to your doctor or nurse when you see them next.

Always read the label.