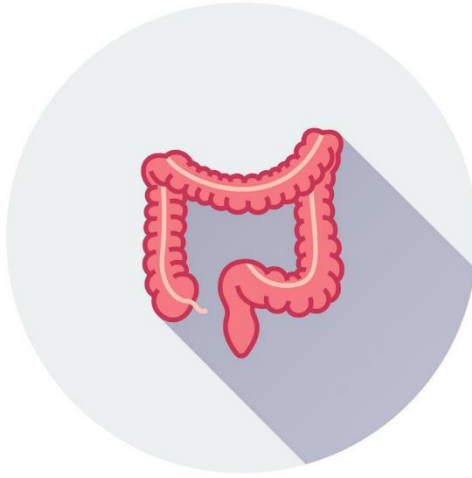




تجمع الرياض الصحي الثاني
Riyadh Second Health Cluster



Constipation



What to do when you suffer from constipation?

Increase your intake of vegetables, fruits, juice and fluids.



Take pills or bran powder



Take lactulose oil and movicol laxative powder for long time several months may help sometimes



Use of glycerin suppositories under the age of the year, and bisacodyl suppositories or fleet enema above 1 year one or twice daily for 3 days



Sit in the toilet after each meal with the feet support



Anal lubricant creme with local anesthesia can help



Warm water sitz



Follow-up with the primary health care or pediatric clinic



**Visit emergency when constipation cause:
severe abdominal pain, Significant
abdominal distension or recurrent vomiting**



لأن الوعي وقاية ..

إدارة التثقيف الصحي

Pediatric Emergency Nursing Section

HEM2.17.000199

