

contacts

You can ask a grown-up, parent, doctor or teacher if you want to know more about how your bowel (poo) works. They can get more information from the National Continence Helpline.



National Continence Helpline

FREECALL™

1800 33 00 66

Helpline advisors are always sensitive to the confidentiality and anonymity of all callers. An Australian Government initiative managed by the Continence Foundation of Australia

Continence Foundation of Australia

Level 1, 30–32 Sydney Road
Brunswick VIC 3056

T (03) 9347 2522

F (03) 9380 1233

E info@continence.org.au

W www.continence.org.au

Continence Foundation of Australia Resource Centres

Victoria

T (03) 9816 8266

E info@continencevictoria.org.au

New South Wales

T (02) 8741 5699

E cfansw@optusnet.com.au

Western Australia

T (08) 9386 9777 or

1800 814 925 (WA country callers only)

E info@continencewa.org.au

South Australia

T (08) 8266 5260

E continence@dcsi.sa.gov.au

© Continence Foundation of Australia 2012

The printing of this brochure has been kindly sponsored by Norgine Pty Ltd



How your bowel (poo) works

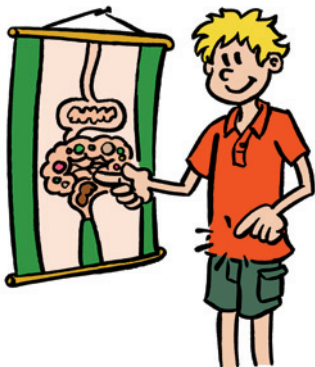


How does my bowel (poo) work?



Your body uses food to grow big and strong and what is not needed comes out as poo

Your bowel makes poo (faeces)



When it is time to do a poo, your bowel tells your brain



When you are sitting on the toilet, the poo comes out by itself



How should I go to the toilet?

- When your bowel tells your brain to go to the toilet STOP what you are doing and go. Don't hold on too long.
- If you need to do a poo, sit on the toilet.
- When you think you have finished, wait a little longer and see if you can do some more.
- Always wipe your bottom from the front to the back, and wipe until all the poo is gone.

Tell a grown-up you know if...

- It hurts to do a poo, or if it is hard, and you have to push a lot to get it out. It can be helped and will get better.
- You feel some poo stuck inside
- Your bottom is sore
- You find poo in your undies
- Your poo is always runny
- You feel you have to rush to the toilet often

What else can I do to look after my bowel?

- Drink water with your meals and when you are thirsty.
- Your diet should include fresh fruit and vegetables everyday.

Remember: don't make fun of people who have trouble with their bowel. Be kind and help them to tell a grown-up they know - so they can get better.