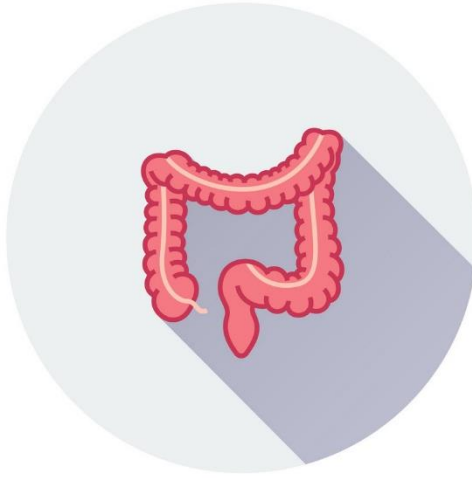




مدينة الملك فهد الطبية  
King Fahad Medical City



## 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 التمريض الصحي

## Pediatric Emergency Nursing Section

HEM2.17.000199

