Constipation

**Symptoms:**

- Difficulty and pain when passing stools.
- Constipation can be described as the passage of hard, dry stools that are difficult to pass.
- Straining during bowel movements.
- Feeling of incomplete evacuation.
- Abdominal bloating and cramping.
- Delayed or infrequent bowel movements.

**Causes:**

- Infrequent or lack of fiber in the diet.
- Dehydration.
- Physical inactivity.
- Certain medications or medical conditions.

**Prevention and Management:**

- Eating a diet rich in fiber, including fruits, vegetables, and whole grains.
- Drinking plenty of fluids, especially water.
- Exercising regularly to increase movement in the intestines.
- Avoiding constipation-inducing medications when possible.

**Treatment Options:**

- Over-the-counter fiber supplements or stool softeners.
- Prescription medications.
- Enemas or suppositories in severe cases.

**Complications:**

- If left untreated, constipation can lead to more serious conditions such as hemorrhoids, anal fissures, or bowel obstructions.

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**References:**

- Dietary guidelines for a healthy lifestyle.
- Medical guidelines for treating constipation.
- Nutrition experts on fiber intake and hydration.

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**Note:**

The information provided is for educational purposes only and should not replace professional medical advice.
If your baby or toddler has constipation, raisingchildren.net.au/articles/constipation.html
(raisingchildren.net.au/articles/constipation.html)
(rch.org.au/uploadedFiles/Main/Content/kidsinfo/Encopresis_diary.pdf)
(rch.org.au/kidsinfo/fact_sheets/Nutrition_babies_toddlers)
(rch.org.au/kidsinfo/fact_sheets/Nutrition_older_children)

visiting the Royal Children's Hospital

The Royal Children's Hospital Foundation.

rch.org/kidsinfo

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