

Let's talk about constipation

It seems constipation is not a subject we talk about (as adults we're more likely to joke about it). For kids it's even harder, especially younger ones who are still toilet training and still learning to talk. At the bottom of this leaflet you'll find something you may not have seen before, a special kids version of a visual aid called the Bristol Stool Form Scale 'Choose your POO!' The Bristol Stool Form Scale and the other concise information in this little roadmap are part of a fresh, frank approach to understanding constipation – just as MOVICOL® Junior takes a fresh approach to treating it.








How MOVICOL® Junior works

MOVICOL® Junior puts you and your child back in control

Isn't one laxative just like any other? MOVICOL® Junior works in a different way to most other laxatives!

The importance of water

Whatever has caused your child's constipation, one feature he or she will share with others is hard, dry poo that is difficult to pass, because water is lost during the prolonged passage through the bowel.

Choose your POO!		The Bristol Stool Form Scale (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 and soft
Type 5		Looks like: chicken nuggets Soft blobs with clear-cut edges (passes 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

The 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. ©2000 Norgine Limited manufacturer of MOVICOL® Junior.

MOVICOL® Junior and MOVICOL®-Half are the only oral products approved for children 2 years and older who suffer from chronic constipation or faecal impaction.

MOVICOL® Junior contains no colours, flavours, or sweeteners and consists of sachets of white powder, to be mixed with approx 60ml (a 1/4 cup) of water. Your child can drink it plain (as is) or you can add a flavour such as juice or cordial to taste (always mix the correct amount of water first).

With MOVICOL® Junior it's that simple.

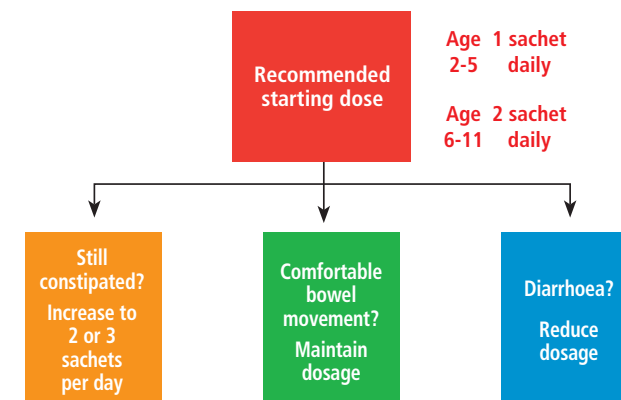
MOVICOL® Junior gives you and your child effective yet gentle control. In fact, if you have experienced the relatively harsh effects of other laxatives, don't be misled by the slower, gentler effect of MOVICOL® Junior.

With MOVICOL® Junior you're in control.



Adjusting the MOVICOL® Junior dose to achieve control

By using the Bristol Stool Form Scale as your visual guide you adjust the dose to achieve the result you want for your child.



Type 3 or 4 on the Bristol Scale is what you should be aiming for. If your child's stools are hard you may need to increase the dose. If the stools are watery, just reduce the dose.

Extra tips for your child

- Sit on the toilet regularly, for example 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
- Encourage your child to exercise every day

Always read the label. Use only as directed and consult your Healthcare Professional if symptoms persist.