

# What can I do about constipation (hard to poop)?



## Things I can do with my family

Some patients have found these strategies helpful:

- Making sure you drink enough fluids such as water
- Taking a medication like PEG Flakes. See [Polyethylene glycol \(PEG\) 3350](#)
- Eating high-fibre foods such as whole grain cereals, beans, fruits and vegetables. See [Canada's food guide](#)
- Making sure you make time to poop
- Being active by going for a walk or playing. See [Physical activity](#)
- Seeing [Constipation](#) for more information

## Things I can do with my care team

After discussing your SSPedi score and symptoms with your care team, they may:

- Look for causes of constipation
- Review your medications to see if you are taking some that can make constipation worse
- Prescribe medications

## When should I call my care team?

Remember that SSPedi scores are not monitored 24/7. Please call your care team or seek additional help if you:

- Have blood in your stool
- Have severe abdominal pain
- Are throwing up repeatedly or throwing up dark green material
- Have a swollen and painful abdomen