



myCP
Guide



Your poo



You are any age.

You may be a young adult. Like

- 20
- 25.



You may be an adult. Like

- 31
- 45.



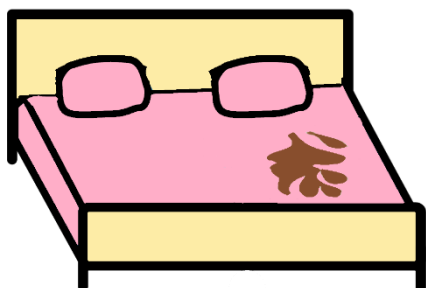
You may be more than 55 years old.

Like

- 58
- 75.



Most people with cerebral palsy have poo problems. It is 3 out of 4 people.



You may have runny poo.

You can **not** stop it.

Or



Your poo is hard.

You can **not** push your poo out.



You may have other problems.

It may be hard to

- eat
- drink.

You only eat a little bit.



You can **not** poo.



You may

- throw up. You do this all the time
- have pain. Like in your tummy.

Or



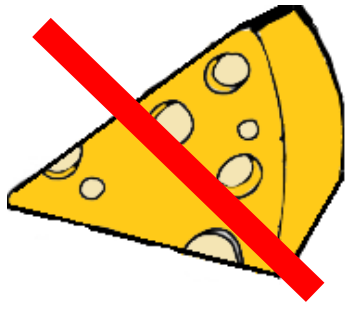
You are sick. Like your

- private area is sore.

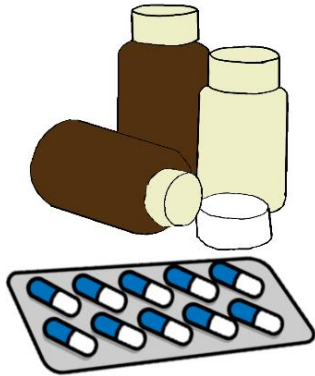
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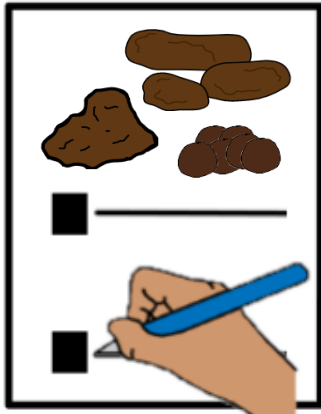
- you are hot.



There may be some foods you
can **not** eat. Like cheese.
It can change your poo.



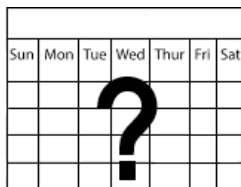
You take pills.
They can change your poo.



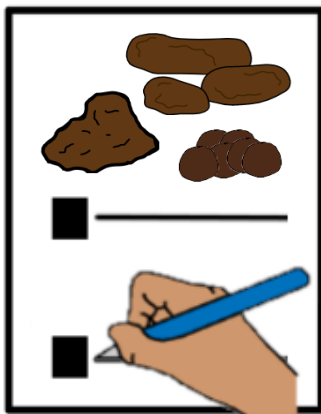
You think you have a problem.

It is with your poo. It has changed.

Write some things down.



Write down each time you poo.



Write down what your poo is like.

Is it too soft?

Is it too hard?

Is it OK?



Your poo changes. It is **not** good.

You need to get help.



What can you do?



Talk to your doctor.

Take your notes with you.



You may see a special doctor.

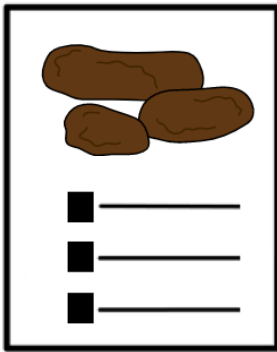
They know about poo problems.

Or



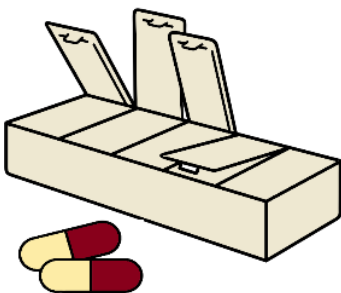
You may see a special nurse.

They know about poo problems.



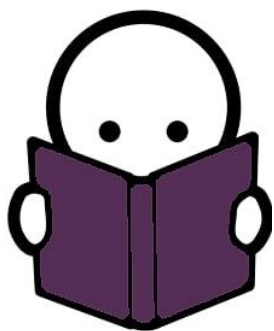
They check your problem.

They write a plan for you.

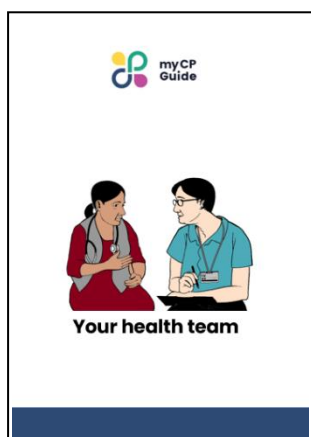


You may need other things.

Like pills.



You want to know more



Read

Your health team.



Read

Your pee.