



The Bristol Stool Form Scale and Children's Parachoc®

TYPE 1



Separate hard lumps, like nuts

TYPE 2



Sausage-like but lumpy

TYPE 3



Like a sausage but with cracks in the surface

TYPE 4



Like a sausage or snake, smooth and soft

TYPE 5



Soft blobs with clear-cut edges

TYPE 6



Fluffy pieces with ragged edges, a mushy stool

TYPE 7



Watery, no solid pieces



Children's Parachoc® helps achieve
Type 4 bowel movements

The Bristol Stool Form Scale was developed at the University of Bristol, U.K. It is a recognised, general measure of stool consistency or form. Use this scale to identify patterns or changes in bowel habit. Please note this is only a guide and should not be used as an exact measure.

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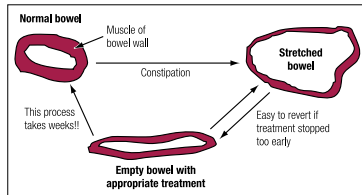
CONSTIPATION



Normal bowel habits are variable. Some people go to the toilet 2-3 times each day whereas others go only once a week. It is only when the motions become hard and/or very large that constipation occurs. Constipation refers to the consistency (hardness) of the motions and not their frequency.

WHAT YOUR CHILD MAY COMPLAIN OF

- **Tummy pain:** Constipation commonly causes transient tummy pain.
- **Pain when passing motions:** When constipated a child may not want to go to the toilet as frequently as before. This delay makes the motions even harder and more painful to pass. Hard motions may tear the anus (back passage) causing pain and bleeding.
- **Diarrhoea:** Often when a child is constipated the only way that the faeces can be passed is for it to become watery.
- **Soiling of underwear:** Once the bowel wall has been stretched by the continual presence of large masses of faeces, the sensation of needing to go to the toilet is affected. When the stool becomes a watery consistency it can leak out, soiling the underwear.
- **A poor appetite:** This may result from feeling vaguely unwell.
- **Vomiting:** Severe constipation may cause vomiting.



Constipation can take a long time to treat

WHAT TO DO

Firstly, the hard mass must be passed. This may mean softening agents, enemas or suppositories. **Then the bowel must be kept empty.** Just as the tummy muscles after pregnancy are stretched and need time to get their tone back, so too do the bowel muscles. It is very important that the motions are not allowed to build up again while the bowel muscle is weak.

HOW TO KEEP THE BOWEL EMPTY

The use of flavoured liquid paraffin such as Children's Parachoc® is now the mainstay of treatment.

Correct dosing is vital to the success of the treatment. The correct dose being **that which allows for the passage of soft bowel actions without any oil leak every day or every second day.** In order to get to this dose it is suggested that you start with the recommended dose and then, if after 3 to 4 days nothing happens, the dose be increased by 5mL amounts until the desired effect is achieved. This process may take time.

Your doctor may advise the addition of a stimulant laxative (such as Senokot granules) to Children's Parachoc. This will assist in treating the more difficult cases. The stimulant laxative may be discontinued once the initial difficulties are overcome, and the Children's Parachoc continued for the balance of time it takes to treat the condition.

ONGOING TREATMENT

- A high fibre diet is needed. Foods such as fruit, wholegrain cereals, bran, prunes and vegetables should be added to the diet. This may only be successful if the whole family changes their diet. Low fibre foods should be avoided.
- Children should be encouraged to drink more water regularly.
- Children need to be encouraged to go to the toilet regularly – such as after breakfast.
- If your child seems to be playing games about going to the toilet, you should ask a doctor for advice.
- Treatment for this condition takes months. If treatment is stopped too early the condition will relapse.
- Some children may need to be on Children's Parachoc for six months or longer. Patients on Children's Parachoc should be reviewed by a medical practitioner at least every six months. Please discuss the best time to stop treatment with your doctor.



Free from: Sugar ■ Lactose ■ Gluten
Egg ■ Soy ■ Casein ■ Nuts

Available without prescription at any retail pharmacy. For more detailed advice regarding appropriate use of PARACHOC®, please see your doctor or pharmacist