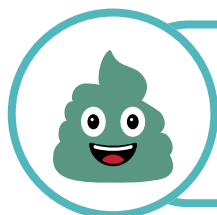


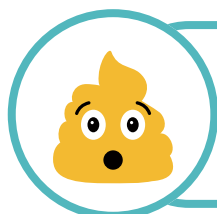
The Impact of Constipation

Up to 85% of people on the autism spectrum experience gastrointestinal difficulties, with constipation being the most common. Constipation can cause behavior changes, pain, discomfort, and stress. Learning the signs and symptoms is very important.



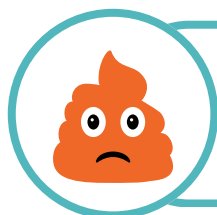
On Track

Stooling Frequency: Stooling at least once every 1 to 2 days
Stool Consistency: Smooth & not too soft or hard
Level of difficulty: Easy to go, no straining required



Pay Attention

Stooling Frequency: No stool in 2 to 3 days
Stool Consistency: May be hard
Level of Difficulty: Straining required



Consider Checking with a Physician

Stooling Frequency: No stool in 3 to 4 days
Stool Consistency: May be hard, pebble like or "skid marks" appear on underwear
Level of Difficulty: May be painful to go or leaking "loose" stool



Consider Making an Appointment with a Physician

Stooling Frequency: No stool in 5 days or longer
Stool Consistency: Stool is not able to pass
Level of Difficulty: May experience stomach pain, vomiting, loss of appetite, or be less physical active



Toileting Tips!



Stay Hydrated:

Water is the best source of fluid. Clear, pale yellow-colored urine indicates appropriate water intake.



Meet Your Fiber Needs:

There are different types of fiber and it is important to talk to your physician about what type of fiber is most effective to relieve your constipation. Gradually increasing fiber (no more than 5mg per day) will reduce gas, cramping, and bloating.



Engage in Regular Physical Activity:

Physical activity stimulates muscles in the digestive tract to help move food through the intestines.