You can ask a grown-up, parent, doctor or teacher if you want to know more about how your bowel (poo) works. They can get more information from the National Continence Helpline.

National Continence Helpline
FREECALL™ 1800 33 00 66

Helpline advisors are always sensitive to the confidentiality and anonymity of all callers. An Australian Government initiative managed by the Continence Foundation of Australia.
**How does my bowel (poo) work?**

- Your body uses food to grow big and strong and what is not needed comes out as poo.

**How should I go to the toilet?**

- When your bowel tells your brain to go to the toilet STOP what you are doing and go. Don’t hold on too long.
- If you need to do a poo, sit on the toilet.
- When you think you have finished, wait a little longer and see if you can do some more.
- Always wipe your bottom from the front to the back, and wipe until all the poo is gone.

**Tell a grown-up you know if...**

- It hurts to do a poo, or if it is hard, and you have to push a lot to get it out. It can be helped and will get better.
- You feel some poo stuck inside
- Your bottom is sore
- You find poo in your undies
- Your poo is always runny
- You feel you have to rush to the toilet often

**What else can I do to look after my bowel?**

- Drink water with your meals and when you are thirsty.
- Your diet should include fresh fruit and vegetables everyday.

**Remember:** don’t make fun of people who have trouble with their bowel. Be kind and help them to tell a grown-up they know - so they can get better.