CLÍNICA VIVALDI · FREE SHEET · ELIMINATION

Encopresis

Repeated stool discharge in inappropriate places from the age of four years. It's often associated with constipation.

COMMON SIGNS

- Soiling underwear
- Frequent constipation
- Shame and hiding it

TIPS FOR YOU

1. See the paediatrician about constipation
2. Toilet routines after meals
3. Positive reinforcement and no punishment

FOR FAMILY AND FRIENDS

1. Calm toilet routines after eating
2. Praise successes and don't punish accidents

WHEN TO ASK FOR HELP

1. See the paediatrician about constipation
2. If there is abdominal pain or blood

TO OBSERVE AND NOTE DOWN

☐ Soils their underwear with stools
☐ Is over four years old
☐ It happens at least once a month
☐ Is constipated
☐ Finds it hard to go to the toilet or puts it off
☐ Feels ashamed
☐ Hides dirty clothes
☐ It started after a change or a stressful time

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/encopresis
- Free guide: Childhood and youth: clinicavivaldi.com/en/guia-infancia-juventud
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112

Educational information, not a diagnosis. Clínica Vivaldi · Calle Chiva 25, door 5, 46018 Valencia, Spain · +34 611 07 74 69 · clinicavivaldi.com