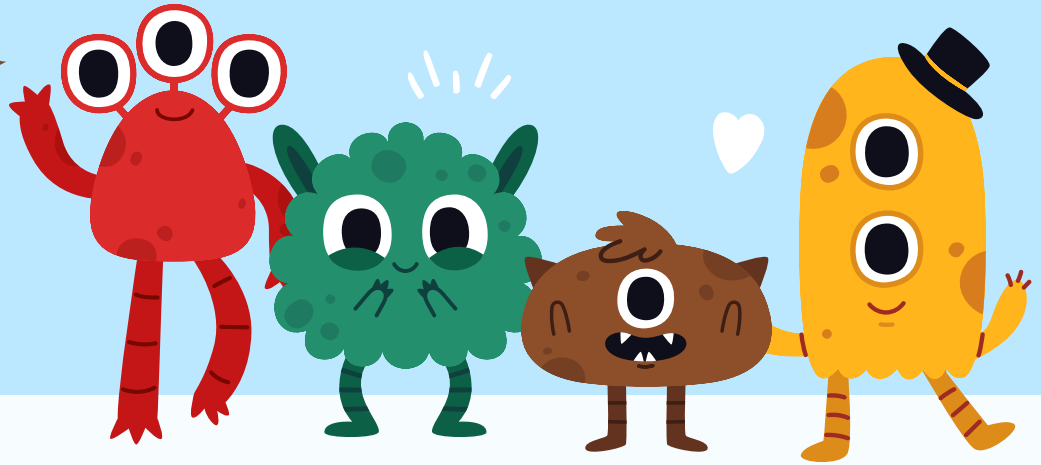


Getting the poo out



By Hannah (and her Mum)

Me – Hannah

- This is me
- My name is Hannah
- I am six years old
- I have coeliac disease

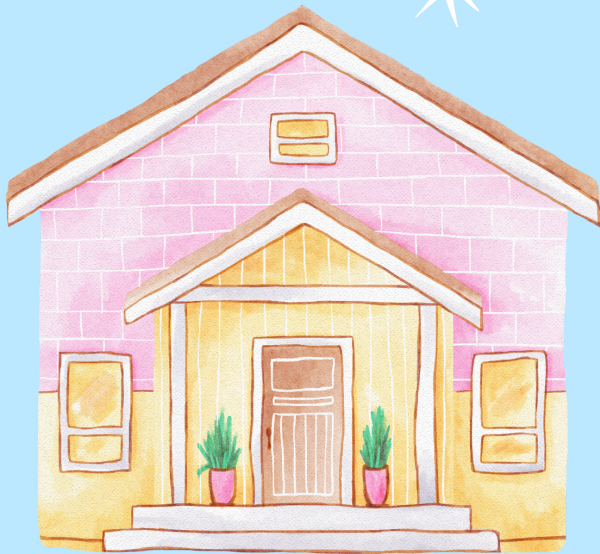


This is my poo

- Sometimes gets stuck
- Hurts my tummy
- And my poo was super dark at the beginning



At home



**I was drinking lots
of medicine every
day**

12 sachets of Movicol and
20ml of Sodium
Picosulphate



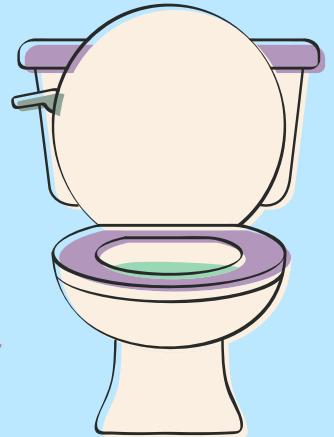
Spicy Medicine

Even Picolax at home
every now and again.

NOTHING!



I had a problem with
my poo.



Food

My tummy was so sore and full I did not want to eat anything.



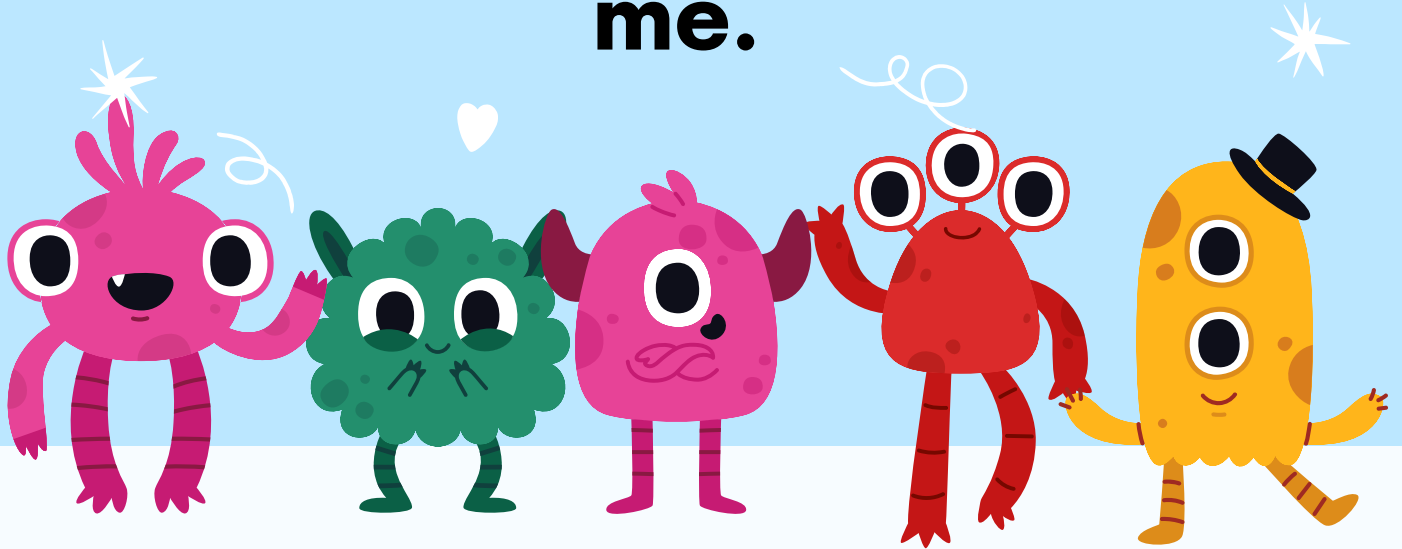
Hospital

Some times my tummy
needs more help at the
hospital.



Our local hospital is the Royal
Hospital for Children and
Young People Edinburgh

**There were lots of people to help
me.**





Dr Wood - Consultant Paediatrician

- In charge of my medicine
- Kind and friendly
- Known her a long time

Dr Gillett Coeliac Consultant

- Nice and friendly
- Very calm telling me what will happen



Douglas - Play Nurse

- Silly Star Jumps
- Rewards and prizes
- Star charts
- Fun in the hospital!



Meghan Play Specialist

- Fling your poo into the toilet game!
- Wash away your poo game
- A talking and pooing Flamingo



Lesley-Anne Health Play Specialist

- Play Cone
- Drawing pictures of poo
- Getting to know me
- Kind and friendly



Top Tips! - Staying in Hospital

Get comfortable



Bring your own pyjamas and clothes for the day

Go to the Play Hub



<https://echcharity.org/our-hub/>

Visitors are welcome



Having visitors can help pass the time - max of 2 at a time.



Tube.



I had to have a tube up my nose
into my tummy....

I was a bit scared at first but.....



Family

My family was with me.



Ronald McDonald House

- My Dad and my little sister could come stay close to me
- Dad could cook me food that is safe and healthy
- We could play together and spend time as a family



★ BUM-WATER! *ee*



I had lots and lots of medicine through my tube
- it didn't hurt and was easier than drinking.

Because my poo gets stuck when I take only
medicine - the doctors suggested I do "BUM
WATER!"



Washouts

- Scary at first
- Puts water into my bum to help the poo out
- Use a cone to get the water in
- Doesn't hurt
- Feels funny at first
- Helps my tummy feel better



Qufora Irrisedo Flow

Washouts - Hannah's Top Tips!

Comfortable



Get a foot stool and work out what position works for you.

Distraction!



I have a game or a tablet to play or watch.

Magic Gel



Part of my Play Therapy and routine means I like to use lubricant.

My poo at the end!

- Comes out every day
- Light brown
- Easy to come out
- Soft
- Doesn't hurt



Thank you everyone!



Ronald McDonald
House Charities
United Kingdom



Edinburgh
Children's
Hospital Charity
More Than Medicine