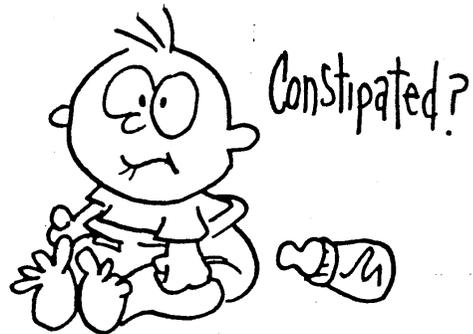


# What About Constipation?



## How do I know if my baby is constipated?

Constipation is when your baby has stools that are hard, dry, and difficult to pass.

Signs of constipation include:

- ✗ Hard, dry stools
- ✗ Stools with blood
- ✗ Stomach problem
- ✗ A raw or bleeding rectum (area between buttocks)

## What's "normal" ?

During the first few days of life, babies have dark, sticky stools called meconium. These stools were stored in the baby before birth. For breastfed babies, within 24 to 48 hours of mother's milk becoming more plentiful, the baby's stools change color and texture. Around days 4-6, the stools change color for the formula fed infant. It is normal for babies to grunt, groan and turn red when they have a bowel movement.

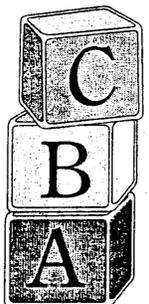
Although each baby is different, newborns have stool habits something like the following:

Newborn breastfed	Newborn Formula-fed
Breastfed babies often stool after every feeding during the first month of life. The stools are usually yellow and not formed. After 2 months, babies may stool less often.	Week 1: four to five stools per day Week 2-4: around two stools per day The stools of babies fed iron-fortified formula are usually dark and formed.

At about a month, breastfed and formula-fed babies may have fewer stools each day or a stool every few days.

In general, stools are considered "normal" if they:

- ✓ are not watery
- ✓ do not exceed three in one day (although some perfectly healthy babies may have more)
- ✓ are not too dry and hard
- ✓ pass relatively easily even after two or three days with no bowel movements





## What causes it?

- ✗ Putting your baby on a new infant formula or adding solid foods to your baby's diet.
- ✗ Mixing the formula with too little water.
- ✗ Feeding cereal or other solid foods to an infant less than 4 months old.
- ✗ Fluid loss due to vomiting or fever
- ✗ Lack of physical movement or activity by the infant.
- ✗ Side effects to certain medicines.



## What can I do?

- ✓ Breastfeed your baby.
- ✓ Mix infant formula according to directions.
- ✓ Increase fluids such as breastmilk and formula.
- ✓ Wait to feed infant cereal until at least 4 months of age.
- ✓ If the baby is 6 months or older, feed him or her more fruits and vegetables.
- ✓ Increase activity by moving the baby's legs in a bicycle fashion.
- ✓ Don't give your baby honey to prevent or treat constipation because of the risk of infant botulism, a type of food poisoning.
- ✓ Consult your baby's clinic or doctor before giving your baby any medicine, laxatives, suppositories or enemas (a way to cause a bowel movement).
- ✓ Don't switch from formula with iron to low-iron formula. Formula with iron does **not** cause constipation.

Take your baby to the doctor or clinic if you have tried all of the above and your baby still has constipation.

