

# 51. A private matter


## Constipation



Scan to learn  
the process!



GLUE

Cut through the black line 



Emma the bear just came back from a couple of days away with her school.

At the camp, the bathrooms were very dirty...

So she didn't use them at all!



Now, Emma has a lot of belly pain...

It's been five days since she last pooped!



Every time she tries to poop, nothing comes out.

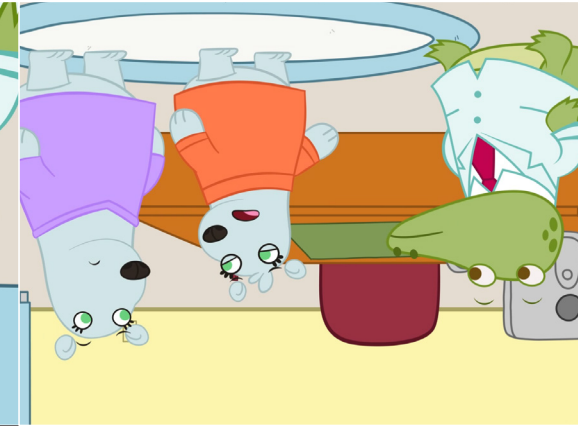
And it hurts!

Croco Doc gently feels Emma's belly.  
Ouch! That hurts!



Emma is very embarrassed to go see Croco Doc.

But her mother reassures her: you should never be ashamed to go to the doctor.



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the process!



GLUE

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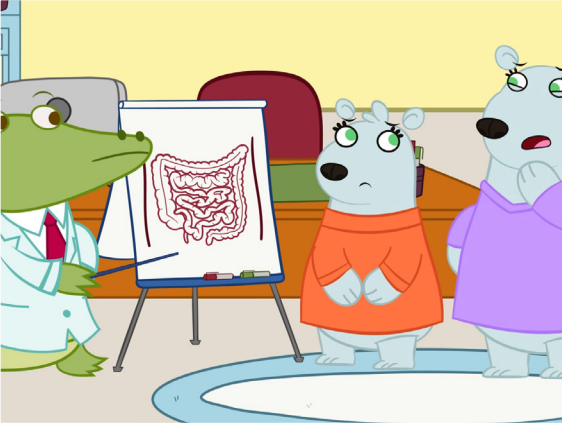


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Sometimes we don't poop because we're impatient!

Croco Doc gives Emma one last piece of advice: after each meal, go to the bathroom and sit for 10 or 15 minutes.



Croco Doc explains to Emma that, since she hasn't gone to the bathroom for so many days, the poop has accumulated in the intestine and has hardened. Emma is constipated!



It's very important to go to the bathroom when you feel the need to poop. Emma is sometimes so distracted that she doesn't go to the bathroom even when she needs to!



To solve the problem, Croco Doc gives Emma a laxative.

With the laxative, the poop will become softer, and Emma will be able to go to the bathroom.



It's also recommended to drink a lot of water, exercise, and follow a varied diet.

Foods rich in fiber are very good!