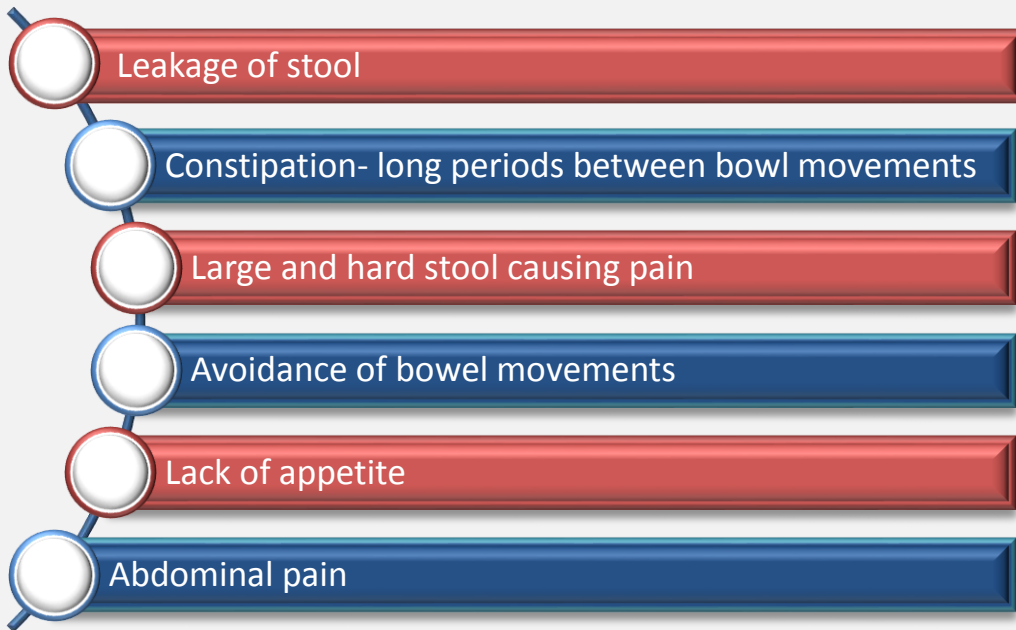


# Quick Tip Sheet for Supporting Students with Encopresis

## General Overview:

Encopresis, commonly known as soiling, is a condition that causes children to leak stool onto their underwear. Constipation is the most common cause of encopresis. As constipation occurs, the stool compacts and hardens in the colon, allowing involuntary liquid stool to pass. When constipation occurs for an extended period of time the child's muscles used for bowel movements weaken and their nerves become less sensitive. This results in difficulty pushing solid stool out and the inability to feel or notice when soiling occurs. Encopresis can be challenging to navigate in school age children but it does not affect a child's ability to learn and succeed academically. Encopresis can take an emotional toll on the child and the family. A child with encopresis may experience embarrassment, frustration, and shame as a result of soiling. Thus, it is important to address encopresis early to avoid intensifying the issue. When encopresis is not treated properly it can result in poor performance in academics and other areas of the child's life. To ensure academic success, accommodations can be made to help students cope with encopresis.

### PHYSICAL EFFECTS



Division  
for  
Physical,  
Health and  
Multiple  
Disabilities

In-depth information is available at <https://www.healthychildren.org/English/health-issues/conditions/emotional-problems/Pages/Soiling-Encopresis.aspx>

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## EMOTIONAL EFFECTS



## Accommodations:

- Unlimited bathroom access
- Routine bathroom visits (may need to track for younger students)
- Encourage the student “to do better next time” if they have an accident instead of yelling at or punishing the student
- Increased fluid intake/carry a water bottle
- Encourage healthy snacks and activities
- Using restroom in nurse’s office or other private area
- Change of clothes in nurse’s office