

BeHealth Solutions, LLC
375 Greenbrier Drive
Charlottesville, VA 22901

Dear Doctor:

We have conducted a number of research studies about childhood constipation and encopresis over the past twelve years. As a result of this research, we developed a multidisciplinary program for children suffering from chronic encopresis that we call UCanPoopToo™. Our online program combines traditional medical therapy with behavioral therapy techniques and education in an accessible, engaging format. Our research has shown that this program is very effective.

Program assumptions: The UCanPoopToo™ program assumes that encopresis is maintained by either soft or hard fecal impaction, and that this must first be eliminated with some form of “clean-out” procedure, either an oral cathartic (e.g. Phospho-soda) or enemas. Once the colon has been evacuated, we must promote the frequent passage of soft, pain-free bowel movements by administering daily laxatives. For the greatest likelihood of long-term success, affected children must be taught how to effectively strain to expel a bowel movement by gaining muscle strength and/or control, as well as avoid paradoxical constriction of the external anal sphincter, while at the same time generating enough intra-rectal pressure to expel a stool. Affected children must also be taught to recognize and respond to urges to defecate by going to the bathroom regularly on their own. This may require some form of incentive program. In addition to these basic elements, there are many other issues from which parents and children may benefit, such as how to facilitate taking and administering laxatives and enemas, how to deal with teasing, how to work with teachers, and how to manage fears associated with defecation. Our website offers 24 specialty modules on such topics.

Additional information on our methodology, research results, and questions regarding the safe use long-term laxatives can be accessed on our website, www.ucanpooptoo.com. To assist in providing your patient with consistent information on encopresis, we welcome you to contact us directly via the following email address, doctors@ucanpooptoo.com, with any questions you may have after reading the details presented on the site.

Sincerely,

The UCanPoopToo™ Team

