

Tips to help with Constipation

Normal opening of bowels is anything from three times / day to three times / week. It is not GOOD for you to strain at stool.

1. Be sure to drink a minimum of 1500mls / 2.5 pints a day. Try to make water a large percentage of this.
2. Have a drink or eat breakfast straight away after getting up. When you wake up your bowels wake up and within 20-30 minutes your bowels produce a large reflex movement.
3. Do not ignore this reflex, that of a full rectal feeling. Give yourself plenty of time to open your bowels and don't rush the process.
4. Don't miss out on meals and eat regularly.
5. Spread your fibre intake throughout the day. Slowly build up your fibre intake and the type of fibre that you eat.
6. Sit on the toilet in the way shown by your Physiotherapist. Lean forward with your arms resting on your knees, straight back and feet supported preferably with your heels off of the ground.
7. Do not postpone going to the toilet because you are not at home. Sitting correctly is important, stooping makes opening you bowels a lot more difficult. Public toilets should be clean. If a little unsure take a packet of wet wipes with you.
8. Exercise help to stimulate intestinal activity.
9. Ask your doctor about any medicines that you are prescribed. Some may cause constipation and you may need to make allowances for this in your diet.
10. Don't rely on laxatives. Determine what your normal bowel habit is. To keep a bowel diary make assist you in establishing this.