

## Fast Facts

### Constipation

-Less than 3 bowel movements in a week  
 -Chronic--infrequent bowel movements or difficult time passing stool for several weeks

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<ul style="list-style-type: none"> <li>-Less than 3 stools in a week</li> <li>-Having hard/lumpy stools</li> <li>-Having to strain to have a bowel movement</li> <li>-Can also feel like blockage that prevents you from passing stool or that you can't completely empty your rectum</li> </ul>	<ul style="list-style-type: none"> <li>-Increase fiber intake slowly to 14 grams of fiber for every 1000 calories</li> <li>-Drink plenty of fluid, especially water</li> <li>-Exercise regularly</li> <li> </li> <li>-<i>Medications for severe constipation:</i></li> <li>-Laxatives (Metamucil, FiberCon, Citrucel)</li> <li>-Stimulants (Dulcolax, Senokot)</li> <li>-Osmotics (Milk of Magnesia, Miralax, Golytely)</li> <li>-Stool softeners (Colace)</li> <li>-Lubricants (mineral oil)</li> <li>-Enemas (Fleet, soapsuds, tap water) and Suppositories (Glycerin, Bisacodyl) both of these are given rectally</li> <li> </li> <li>Note: It is important to remember to not take more than recommended on the packaging and to not take more than one type at a time without consulting with a doctor or you could end up with diarrhea.</li> </ul>	<ul style="list-style-type: none"> <li>-Eat high-fiber foods (beans, vegetables, fruits, whole grain cereals, bran)</li> <li>-Decrease low-fiber foods (processed foods, dairy, meat)</li> <li>-Drink plenty of water</li> <li>-Stay active and get regular exercise</li> <li>-Manage stress</li> <li>-Do not ignore the urge to pass stool</li> <li>-Create a regular schedule for having a bowel movement (after eating a meal)</li> <li>-Make sure children have enough fiber</li> </ul>

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