



Preventing Constipation

Constipation happens when fecal material (poop) moves too slowly through your intestine (colon). The water in the fecal material absorbs back into the body when it moves slowly and it gets hard and dry. When it is hard and dry, it is hard to pass out of the body.

What You Can Do:

Nutrition: Eat 3 meals every day.

Slowly increase the amount of high-fiber foods that you eat.

Eat whole grain breads, cereals, and rice.

Eat more raw fruits and vegetables.

Drink 6 to 8 glasses of water every day.

Try not to eat too many highly refined and processed foods.

Exercise: Try to exercise every day.

Weight-bearing exercises like walking are great.

Sleep: Go to sleep at the same time each night.

Make sure you get enough sleep.

Stress: Try to keep stress limited in your life.

Routine: Go to the bathroom when you have the urge to go.

Soon after a meal is usually the best time to go to the bathroom.

Regular bowel movements mean different things to different people.

As long as it is not difficult to go to the bathroom, it can be normal for you.



References:

NDDIC. (n.d.) *Constipation*. Retrieved from: <http://digestive.niddk.nih.gov/ddiseases/pubs/constipation/>

UCSF Medical Center. (2008). *Constipation*. Retrieved from <http://www.ucsfhealth.org/adult/edu/constipation/index.html>