

## DIETARY MODIFICATIONS:

Fiber and fluid will help relieve constipation. Increase fiber slowly. This will keep symptoms from getting worse as your body adjusts to the higher fiber level

## Recommendations:

- 25-35 grams of fiber daily
- 64oz (8 cups) water daily

## Tips for increasing fiber intake:

- Choose a variety of fresh or frozen fruit & vegetables
- Eat fruits and veggies with the peels or skins on
- Eat whole grain breads & cereals
- Have brown or wild rice instead of white rice
- Whole wheat pasta or tortillas
- Enjoy a variety of grains (barley, oats, faro, and quinoa)
- Add dried beans and peas to casseroles or soups
- Compare food labels for fiber content
- Fiber supplement as warranted

## Fiber

Food sources of fiber include whole wheat, bran, fresh or dried fruits, and vegetables



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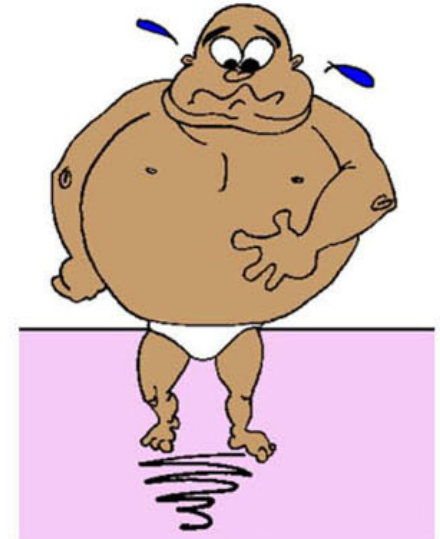
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# Constipation



## WHAT IS CONSTIPATION?

Constipation refers to delay or difficulty in passing stool or an increase in the hardness and size of stool.

This usually happens because the colon absorbs too much water from the food. If the food moves through the gastro-intestinal tract too slowly, the colon may absorb too much water, resulting in feces that are dry and hard.

After eating a meal, the body has a reflex to pass stool. This is called the gastro-colic reflex. Putting off bowel movements contributes to the hardening of stool and subsequent constipation

## CAUSES

Causes of constipation may be dietary, hormonal, anatomical, a side effect of medications, or an illness or disorder

## DEFINITION

Constipation includes the following:

- infrequent bowel movements (typically 3 times or fewer per week)
- difficulty during defecation (straining during more than 25% of bowel movements or sensation of hard stools), or
- the sensation of incomplete bowel evacuation.

## SIDE EFFECTS








- Abdominal pain
- Gas
- Distended Belly
- Hemorrhoids
- Intestinal perforation
- Pain during defecation
- Stress

## TREATMENT

Dr. Rodriguez will generally recommend changes in **dietary & exercise** habits, & the use of **laxatives**

Other treatments can include: enemas, abdominal massage, and other medical interventions depending on the underlying cause.

## Bristol Stool Chart

Type 1		Separate hard lumps, like nuts (hard to pass)
Type 2		Sausage-shaped but lumpy
Type 3		Like a sausage but with cracks on its surface
Type 4		Like a sausage or snake, smooth and soft
Type 5		Soft blobs with clear-cut edges (passed easily)
Type 6		Fluffy pieces with ragged edges, a mushy stool
Type 7		Watery, no solid pieces. Entirely Liquid

## Understanding Chart:

1 & 2 = Constipation

3 & 4 = Ideal stool

5, 6, & 7 = Tending towards Diarrhea