## **CONSTIPATION WORKSHEET**

Dietary changes
Drink at least eight cups of fluid per day.
Add fiber. Good examples are prunes, pears, nuts, grains, and bran.
<ul> <li>Drink caffeinated warm beverages with meals. Avoid carbonated beverages if bloating is a problem.</li> </ul>
Eat a well balanced diet with plenty of fruits, vegetables, multigrain breads, and cereals. Eat smaller meals several times per day.
Avoid high sugar containing foods and snacks.
Lifestyle changes
Exercise – walk daily if possible. PT can help you get started.
Try to maintain good posture with exercise.
Medicine recommendations (Note: talk to your doctor before beginning)  Stool softeners once or twice a day can help, i.e. dulcolax. Stool Softener with stimulant if moderate to severe constipation.
Glycolax powder (Miralax) can be purchased over the counter and is very effective with little side effects and can be used daily if needed.
Once daily supplements such as fish oil, flax seed oil, magnesium.
Avoid excessive use of fiber supplements such as Metamucil or Citrucel as they can sometime worsen obstruction.
Other treatments
Ask your doctor about medicines that can worsen constipation such as anticholinergics, amantadine, amitriptyline, and sedatives.
A gastroenterologist is a specialist that treats constipation.
Occupational therapy can help establish a bowel routine or regimen.
Ask your doctor for a nutritional consult to help with diet.

