

CONSTIPATION

**YOU ARE CONSIDERED CONSTIPATED IF YOU HAVE TWO OR MORE
OF THE FOLLOWING FOR AT LEAST THREE MONTHS**

- Straining during a bowel movement more than 25% of the time.
- Hard stools more than 25% of the time.
- Incomplete evacuation more than 25% of the time.
- Two or fewer bowel movements in a week.

DR. GAUDIER'S SUGGESTION FOR CONSTIPATION

1. Hydration - Drink ½ -2 quarts of water and other fluids daily (unless fluid restricted for another medical condition).
2. Have fruit and/or vegetable with every meal.
3. Consider oatmeal and /or bran cereals for breakfast and decrease the dairy products.
4. Try warm drinks, especially in the morning but avoid excess of coffee (no more than 2-3 cups per day.)
5. Eat a couple of pitted prunes daily or drink prune juice.
6. Exercise at least 30 minutes 5-6 days per week.
7. Take stool softeners 1-3 per day (Colace, Senekot, Metamucil, Fibercon... etc...)
8. Go to the bathroom when you have the urge.
9. Do not overuse laxatives.
10. Decrease your stress and get treatment for depression if needed.
11. Consult with your physician.