

Constipation:

Pro Tips to Relief

Many individuals may struggle with constipation and its potential side effects like bloating, abdominal cramping and just general discomfort.

Constipation is defined as:

- Less than 3 bowel movements per week
- Feeling of incomplete evacuation of the bowels
- Hard, dry stool
- Stool that is difficult or painful to pass

Here are a few tips to relieve constipation:

- Drink plenty of fluid. This can help to soften a hard stool
- Eat plant foods like fruits, vegetables, whole grains, nuts, seeds and pulses (beans, lentils, chickpeas, split peas). These foods are rich in fibre and fluid. Soluble fibre specifically can form a gel like substance that helps to soften stool
- Gentle exercise. This helps to promote regular movement of the bowels
- Try elevating your knees with a stool when having a bowel movement (Picture attached)
- When you have the urge to pass stool, go to the washroom. That first urge tends to be the strongest
- Ask your doctor if any of your medications can cause constipation

If you experience constipation, consider talking to your doctor about determining the cause and asking about a referral to a PCN dietitian.

Constipation: Pro Tips to Relief

**Try elevating your
knees with a stool
when having a
bowel movement**

