

Relieving Constipation

How to Prevent Constipation:

Change Your Food Habits

- Eat regular meals and snacks
- Try small meals
- Chew your food very well
- Try a magnesium supplement

Eat More of These Types of Foods

- Raw fruits
- Raw or cooked vegetables
- Leafy greens
- Dried fruits
- Nuts and seeds
- Whole grain breads and cereals
- Bran/Oat bran
- Brown rice
- Corn
- Beans and peas.

Drink Plenty of Liquids

- Drink water and other fluids, such as: decaf teas, decaf coffee, milk, juice, and soup
- Drink warm/hot liquids before eating in the morning
- Write down how much liquid you drink. Does it add up to two or three quarts? If not, drink some more.

Make an appointment with
our nutritionist by calling

822-1385

How to Relieve Constipation

Bowl Habits

- Try to have a bowel movement at the same time every day.
- Do not hold back a bowel movement, but do not force it, either.
- Relax and take time for bowel movements. Raise your feet on a stool or box to keep from straining.

Exercise

- Exercise daily.
- Try walking for half an hour
- Swim or attend prenatal yoga classes

**Check with your provider before
starting any new activity**

If That Doesn't Work

- Try a natural laxative. Prune juice, dried apricots, or prune juice may help.
- Talk to your provider about laxatives