Preventing constipation

Community Dietitians
Bristol NHS Primary Care Trust
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If you are constipated you may find you

- strain to go to the toilet
- have tummy ache
- feel unwell
To help you go to the toilet and feel well

- have at least 8 drinks a day e.g. water, tea, coffee, squash, fruit juice, milk

- eat foods high in fibre e.g. fruit and vegetables, wholegrain cereals, wholemeal bread

- be more active

- make sure the toilet is clean and comfortable

- take any medication that your doctor has given you
What is fluid?

- water
- squash and fizzy drinks
- fruit juice e.g. orange, apple, tomato
- tea and coffee
- hot chocolate
- milk
- milk shake, Complan, Build Up
If you don’t feel like drinking
choose a

- small cup or glass
- special cup

eat more foods that contain fluid

- fruit and vegetables
- soup
- breakfast cereal with milk
- yoghurt, jelly and mousse
- ice cream and ice lollies
- sauce and gravy
Ways to eat more high fibre foods

- Eat wholemeal bread, granary or high fibre white bread

- Eat high fibre breakfast cereals e.g. Shredded Wheat, Weetabix, Branflakes, Allbran, porridge

- Choose wholegrain crackers, crispbreads and biscuits

- Include more beans and pulses in cooking e.g. baked beans, lentil soup, beans in stews, casseroles and salads

- Have at least 5 portions of fruit and vegetables each day. Dried fruit is good e.g. sultanas, raisins and apricots

Increase the amount of fibre you eat slowly
Ways to eat fruit and vegetables

- add dried fruit or sliced banana to breakfast cereal
- glass of fruit juice e.g. orange, tomato, apple, pineapple
- add salad to sandwiches or rolls e.g. lettuce, cucumber, tomato
- mash swede, carrot or parsnip with potato
- add beans and pulses to soups, stews and casseroles e.g. lentils, baked beans, kidney beans, butter beans or chick peas
- eat fresh, tinned or stewed fruit e.g. apple, pear, strawberries, peach with yoghurt, custard or ice cream
Ways to be active

- walking
- swimming
- dancing
- cycling

Draw what activity you like to do.

Ask your doctor or nurse if you want to know what exercise is safe for you.
If you want to know more contact your

- Community nurse
- Doctor
- Dietitian