

TOP TIPS FOR IMPROVING

Bowel Habits



DON'T PUT IT OFF

Holding in your poo can lead to unnecessary constipation. The longer you hold it in, the more water is absorbed and the harder it becomes.



KEEP HYDRATED

When your body is properly hydrated, less water will be withdrawn from the colon. This will keep your poo soft and easy to pass.



FOOD CHOICES

Junk foods containing high trans/saturated fat can make constipation much worse.



FIBRE

Don't worry — you don't have to survive on a diet of prune juice and bran flakes. But you can ease constipation by trying eat a little more fibre.



SQUAT

Put your feet up on a stool or a stack of books when you poo, then hinge forward at the hip. This helps bring your knees up and puts you into a squatting position, which aids in the passing of poo.



GET MOVING

The more you move, the more likely you are to move your bowels. A leisurely walk can work wonders. Get into the habit of going for a short, light walk after your lunch time or evening meals.



RELAX

Try to relax when nature calls. Not only will relaxing promote results, but straining leads to or aggravates haemorrhoids — plus, it hurts!



GET HELP

If you are still really struggling to pass poo, speak to your GP.