



AVOIDING CONSTIPATION

- **Stay Hydrated!**
 - Cup of warm water or coffee can help stimulate a morning bowel movement
- Urine should be pale in color
- Give yourself time in the morning to have a bowel movement
- Use a squatty potty or stool to help the pelvic floor relax
- Avoid straining & breathe holding
 - Exhale like blowing out candles when you bear down to poop
 - Should be mostly relaxed with slight abdominal tightening
- Prunes, probiotics & magnesium can help.
 - Magnesium Citrate helps draw water into your colon to form soft stool
 - Probiotics keep your bowel healthy
 - Ask your Dr. if these are good options for you
- Recommended fiber for women is 25-28g/day. Men is 38g/day.
 - Increase or decrease as needed
 - Flax or Chia seeds may help

