



Constipation & Strategies for Relief



What Is Constipation?

Two or more of the following symptoms for at least 12 weeks (may not be consecutive) in the past 12 months:

(According to the Rome Criteria)

- ✓ Straining, hard/lumpy stools, incomplete evacuation, anorectal blockage, or manual maneuvers **during 25%+ of bowel movements**



- ✓ Fewer than **3 bowel movements** per week



- ✓ **Loose stools** are **not** present



Constipation Isn't Always Obvious!

You can have normal looking stools and still be constipated.

Strategies for Relieving Constipation

1 Increase Fibre Intake

- Add 2 tbsp of flax or chia seeds to diet daily
- Snack on berries, pears or kiwis
- Eat more whole grains and roasted vegetables

2 Hydrate

- Drink 2-3L of water per day.
- Tip: Consider herbal teas or flavoured water

3 Lifestyle Changes

- Regular physical activity
- Establish a daily eat & poop routine
- Improve toilet posture (elevate knees)
- Reduce stress, eat mindfully

4 Medical Options

- Fibre supplements (ex. psyllium)
- Osmotic laxatives (ex. PEG-3350, magnesium)
- Stimulant laxatives + stool softeners (ex. Senokot®)
- Suppositories or prokinetics for tougher cases

Everyone's different—consider working with a Registered Dietitian for personalized guidance.

