

## Types of laxatives

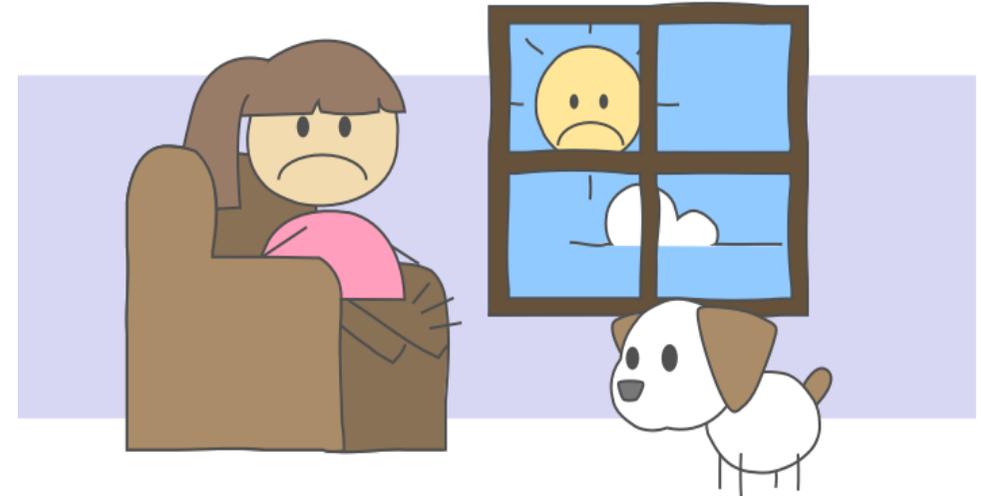
<b>Stool softener</b>	Coloxyl, Nulax, Movicol, Osmalax	Softens the stool and is the “entry-level” laxative. It is best used for mild constipation as it is generally the gentlest.
<b>Bulk-forming laxative</b>	Metamucil, Psyllium, Fybogel, Normacol	Helps to keep water in your stool. This is not fast-acting, so it’ll take longer to feel relief.
<b>Hyperosmotic laxative</b>	Glycerin.	Drawing water into the intestines, this type of laxative also helps keep water in your stool
<b>Mineral oil/lubricant laxative</b>	Agarol, Parachoc	Made of mineral oil, this laxative coats your stool. Lubrication makes it easier to pass a motion as keeps your stool hydrated and slippery.
<b>Saline laxative:</b>	Magnesium citrate	Draws more water into your intestines. Usually in beverage form and works within 6 hours.
<b>Stimulant laxative:</b>	Coloxyl with Senna, Dulcolax, Bisalax, Castor Oil	Increasing movement in your intestines, this is fast-acting. This type can be taken via tablet, with liquid, or by suppository.
<b>Suppositories or enemas:</b>	Glycerol & Dulcolax suppositories. Microlax, Bisalax & Fleet enemas.	Work by irritating and pulling water from the body into the bowel, which helps to soften the stool and cause a bowel movement

## When Is Your Constipation a Problem?

While it is common to experience constipation, if you have tried the above steps and remain constipated, you should see your GP or call our rooms.



# HOW TO TREAT CONSTIPATION



## Symptoms of Constipation:

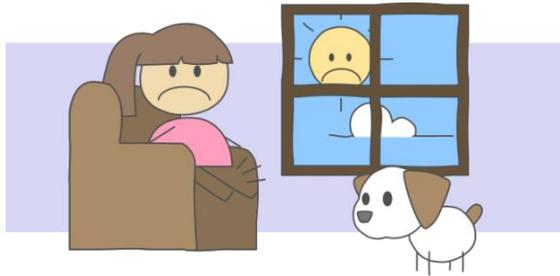
- Noticeably fewer bowel movements than normal (e.g. if you typically have daily bowel movements, not going for 3 days might be your version of constipation)
- Feeling bloated
- Abdominal, stomach or rectal pain
- Stool is hard, small, or pebble-like
- Difficulty during the bowel movement
- Feeling like “you still have to go” after your bathroom break
- Feeling slow or sluggish

# Causes of Constipation:

- Pregnancy
- Narcotic pain medication (typically from opioid prescription medication)
- General anaesthesia (not from local or regional)
- Inflammation (caused by surgery trauma or complications like an infection)
- Lack of exercise, movement or inactivity
- Dietary changes (like fewer vegetables, less fibre etc.)
- Stress, anxiety, and depression (e.g. feeling overwhelmed after surgery can cause stress and feeling constipated can add to this stress, creating a vicious cycle)
- Dehydration (not drinking enough water)
- Underlying conditions (like Parkinson's disease, thyroid disorders, irritable bowel syndrome, etc.)

# Managing Constipation

If you are suffering from constipation, you're not going to be at your best. However, there are numerous proven ways to get your bowels back on track so that you can focus on life.



## 1. Stay Hydrated:

Keeping hydrated is extremely important. In order for your bowels to work properly and for you to easily pass stool, you need to be hydrated. If you don't have enough water in your intestines or colon, your body will soak up the water that would otherwise make up a healthy stool.

If you're constipated, add extra drinking water into your routine.

**Tip:** Aim to drink at least 8 glasses of water per day. Avoid alcohol and caffeine as these are less hydrating

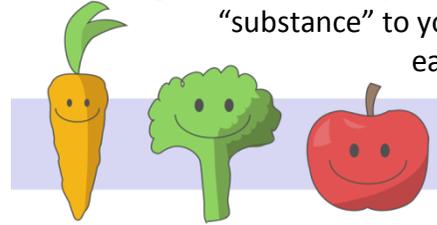
## 2. Get Active!

When it comes to combating your constipation, moving is necessary. Increasing movement, exercises, walking, stairs etc., as prescribed by your doctor is critical for getting "regular".

**Tip:** Within your pain comfort level, walk, perform daily exercises, go up and down stairs etc. for around 10 minutes/day. Avoid strenuous exercise.

## 3. Add Fibre to Your Diet:

You're going to need to incorporate extra fibre into your diet. Fibre adds "substance" to your stool, pulling water and making your stool easier to pass.



Women should consume at least 25mg of fibre a day and men at least 38mg.

### Foods High in Fibre:

Apples & Pears -5.5 grams per pear	Raspberries -6.5 grams/100 grams
Avocado -6.7 grams/100 grams	Artichokes -10.3 grams/100 grams
Popcorn -14.5 grams/100 grams dry kernels	Kidney beans, chickpeas, lentils -11-15 grams/ 1 cooked cup
Dark chocolate -10.9 grams/100 grams	Sweet potato-3.8 grams/ 1 cooked cup
Oats/ oatmeal -16.5 grams/1 cup of raw oats.	Chia seeds/ chia seed bars -100 grams of dried chia seeds contain 34 grams of fibre!
Rhubarb – 2 grams/ 100grams	Wholegrain bread – 30 grams/ slice
Prunes -22 grams/ 100 grams/ 10 prunes	Kiwi fruit – 2.3 grams per fruit

## 4. Try Laxatives:

There are many different types of over-the-counter and prescription laxatives. Laxatives come in drinkable juices, tablets, capsules, gummies, powders, enema form etc. It can be overwhelming to choose the best laxative, so work with your physician or ask a pharmacist to select the best laxative for you.