

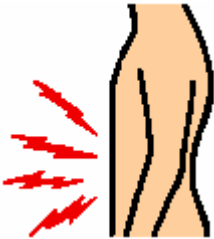
Preventing constipation



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



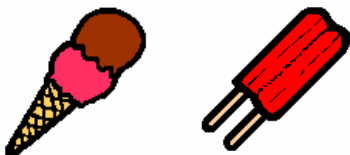
soup



breakfast cereal with milk



yoghurt, jelly and mousse



ice cream and ice lollies



sauce and gravy

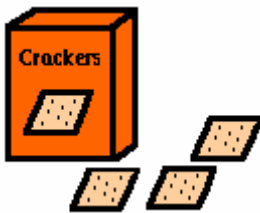
Ways to eat more high fibre foods



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



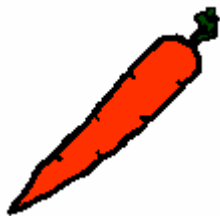
add dried fruit or sliced banana to breakfast cereal



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



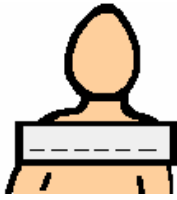
cycling

draw what activity you like to do

Ask your doctor or nurse if you want to know what exercise is safe for you



Notes



name



address



telephone number

If you want to know more contact your



community nurse



doctor



dietitian