

## TIPS FOR BOWEL REGULARITY

The purpose of this handout is to review ways to manage constipation and stool impaction. Constipation and stool impaction can put pressure on your bladder and worsen urinary symptoms like incontinence (bladder leakage), bladder urgency, or frequency. Maintaining regular bowel movements helps relieve this pressure.

### ✓ Diet Tips for Regularity

- **Eat high-fiber foods:**

Whole grain breads, cereals, brown rice, wild rice, raw fruits & vegetables, and nuts

- **Drink fluids:**

Water, apricot juice (more fiber than prune juice)

Another way to increase your fiber is by eating a special bran recipe.

### Special Bran Recipe

Another way to increase your fiber is by using a special bran recipe.

Mix together:

1	cup applesauce
1	cup coarse unprocessed wheat bran
$\frac{3}{4}$	cup prune juice



- You can buy unprocessed wheat bran in the grocery or health food store.
- This type of bran has more fiber than bran cereal.

- ✓ **How to take:**

- Start with **2 tablespoons every evening**
- Increase gradually until regular (max: 4 tablespoons/day in split doses)
- **Always drink a full glass of water** with the mixture

### If You Don't Like the Recipe

- ✓ **Add unprocessed wheat bran to foods:**

- Start with 1–2 tbsp/day
- Mix into applesauce, cereal, yogurt, smoothies, salads, pudding, or baked goods (muffins, cakes)
- Slowly increase to 6 tbsp/day if needed



## 🍓 OTHER NATURAL REMEDIES

### ✓ Fruit Spread

- 1 lb each: raisins, prunes, figs, dates, currants
- 1 (28 oz) prune concentrate  
→ Grind & mix. Take ¼ cup at breakfast. Refrigerate.

### ✓ Power Pudding

- ½ cup each: prune juice, applesauce, stewed prunes, whipped topping, bran flakes  
→ Mix well. Refrigerate and eat daily.

## 🕒 BOWEL ROUTINE TIPS

1. Try to have a bowel movement in a private place.
2. Best time to move your bowels is after a meal, such as 20–30 min after breakfast.
3. Warm foods or fluids will stimulate your bowels to move.
4. Sit on the toilet with feet elevated (use footstool, Squatty Potty), lean forward
5. Massage your lower belly to push the bowel movement into your rectum.
6. Stimulate as needed: Use a glycerin or Dulcolax suppository or digital stimulation (putting your finger in your rectal opening) 20 minutes before as it takes about 20 minutes for the suppository to melt and work.

## 💡 What to Expect

- Results may take **3–5 days**
- Some **gas or bloating** is normal at first

## ⚠️ If Severely Constipated

- ✓ Try this natural laxative:
  - **Molasses & Milk Drink**
    - ½ cup molasses + ½ cup milk (warmed)  
→ Drink in the morning
- ✓ Or try a “natural” enema:
  - **Molasses Enema**
    - 1 cup molasses + 1 cup milk (warmed)  
→ Administer as an enema and **try to hold for 15 minutes**



## 👉 Bran Helps Diarrhea Too!

- ✓ Bran can **bulk up stool** and reduce loose bowel movements.