



مدينة الملك فهد الطبية
King Fahad Medical City



Constipation

What is constipation?

A situation when you feel the difficulty in passing out stool and you exert more effort to discharge hard and dry small amount of bowel dirt which is fewer than three times of bowel movement in a week.

What causes constipation?

- ❖ Not drinking enough water.**
- ❖ Resist the need to pass out the stool.**
- ❖ Stress.**
- ❖ Not eating foods rich in fiber.**
- ❖ Eating too much of dairy products.**
- ❖ Not doing any form of exercises.**
- ❖ Changes in your usual routine of defecation.**

What are the indications that you have constipation?

- ❖ **Stools are dry and hard.**
- ❖ **Gaseous belly and having the feeling of fullness.**
- ❖ **Cramps and pain in the stomach.**
- ❖ **Struggling to pass out stool.**
- ❖ **Pain during bowel movement.**
- ❖ **less than three bowel movements in a week.**

Healthy habits that can help you stop constipation:

- ✓ **Do not eat too much foods such as dairy, processed foods and meat.**



- ✓ **Drink more water in a day (8 to 10 glasses a day).**



- ✓ **Eat more fruits high in fiber such as oranges, strawberries, bananas and apples.**



- ✓ **Eat more vegetables that are high in fiber such as beets, broccoli and carrots.**



- ✓ **Get regular exercises.**



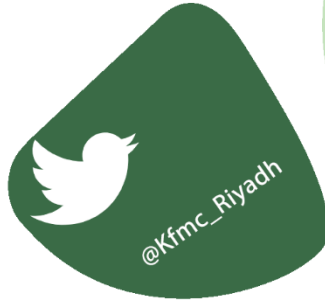
- ✓ **Limit your stress.**

- ✓ **Don't disregard the urge to poop.**

لأن الوعي وقاية ..

إدارة التمريض الصحي

Specialized Nursing Outpatient
Department



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