



Regular bowel movements are essential to good health. If you are not having soft poops everyday, the following tips will help you get there.

Water 💧

Drink more water! Daily water intake should be 1/2 your body weight in ounces. For example if you weighed 100lbs, you need 50 ounces of water a day.

Food

Eat the rainbow! Choose constipation friendly foods like fruits and veggies, bran and whole grain, Avoid processed foods and limit dairy.



Schedule Toilet Sits

The best time to sit on the toilet is 20 minutes after eating a meal when the gastrocolic reflex is stimulated.

Sit for at least 5-10 minutes even if you don't need to go. When possible schedule toilet sits for 3 times during the day.

Positioning Tips



The best position for pooping is in a relaxed position that is close to a natural squatting position.

Make sure the feet are firmly supported on a box or stool. The knees should be above the hips. Lean forward resting their elbows on their thighs.

Fiber Tips

Fiber can be helpful for constipation, however if added to fast it can have the opposite affect. Add one new high fiber food every few days until the body can adjust. It is very important to drink lots of water with diets higher in fiber. Poor water intake will also lead to constipation. High fiber foods include foods like raw veggies, fruits, and whole grains.

If you have difficulty with having bowel movements, or you have other bowel and bladder concerns, you may benefit from additional evaluation by a pelvic health therapist.

