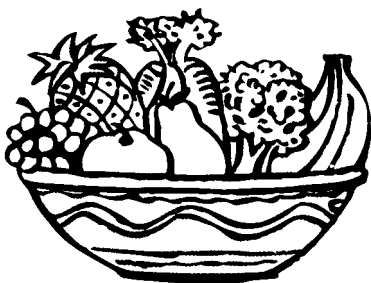


# Constipation

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When you are constipated, it is hard to have a bowel movement.

Changes in your eating or drinking habits can cause constipation. So can some medical treatments.

It is important to keep your bowel movements as regular and as soft as possible.

Constipation can cause a full, bloated feeling. If you feel too full, you might not eat and drink as much as your body needs.

Here are some tips you can try to get rid of your constipation:

- Try to eat lots of different fruits and vegetables. It's important to eat at least five servings of fruits and vegetables every day. Eating even more servings of fruits and vegetables (sometimes as many as eight servings) each day can help.
- Try some high-fiber food. Things like fruits and vegetables, dried beans and peas, and whole-grain breads and cereals all have lots of fiber.
- Try to eat whole grain products like whole wheat bread or oatmeal instead of refined grains like white bread or rice.
- Try some bran. You can add bran to things like warm cereals and casseroles.
- Try to drink more fluids each day. Eight glasses of water each day works for some people. It's best to drink things that don't have caffeine in them. Sometimes, drinking warm or hot liquids can help.

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- Try to avoid foods that make you constipated. Foods like cheese, chocolate, or eggs can cause constipation in some people.
- Ask your doctor about laxatives. Never take laxatives without checking with your doctor first!
- Try to get some exercise. Ask your doctor what kind of exercise is a good idea for you.
- Ask your dietitian or doctor if you have any questions. These tips should help, but there are medicines you might be able to try if you really need them.

**NOTES:**