

Patient Self Help for Constipation

What to do when you can't poo!

Signs of constipation are:

- pain when you poo
- hard poo, poo like rocks
- you're exhausted after you poo.

When you have watery poo it's because the new poo which is watery, travels around the old hard poo. You must poop out the old hard poo so you can get regular soft poo.

What bad things can happen when you don't poo?

- You will get bloating in your tummy
- Your pills won't work as well
- You will have a tummy so full of poo, you won't have an appetite
- You will have to work really hard to poo. This is painful and you can get hemorrhoids and bleeding
- Your tummy may be so full of poo that you damage your bowels and they won't work properly
- You could need surgery and then have an ostomy bag ever after.

It is possible to die from not pooing! Typically this happens after many weeks of not pooing.

It is possible to poo every day even if you are taking pain pills or you have a serious neurologic illness.

Diet:

- Lots of water! 2 litres of water (or any clear fluid) each day
- No white rice, no white bread. Brown rice and whole grains only
- More vegetables and fruits, less beef. Bowl of hot cereal in the morning with hot coffee helps your body naturally go poo
- Exercise or movement of the body always helps.



2 DAYS WITHOUT SOFT POO: You should take docusate 100 mg 2 capsules twice a day.

3 DAYS WITHOUT SOFT POO: docusate 4 capsules + Lax a Day 1 to 2 capfuls in any drink daily (optional over the counter).

4 DAYS WITHOUT SOFT POO: docusate 4 capsules + Lax a Day 2 capfuls + senokot 2-4 tablets at night.

Once you have cleared out all the hard poo, you can reduce the pills you take to poo. Most people with neurologic problems need to take docusate 4 capsules each day. You may need to ADD Lax a Day and the senokot.

It takes work to figure out your bowels and poo – but it's worth it!

When you have soft poo every day:

- You have reduced your cancer risk
- You will feel better and lighter! Your appetite will come back
- Your pills will work better.

Please don't be offended by the use of "poo". I tried using "bowel movement" and no one followed the routine. "Poo" seems to get the idea across better.

There is no evidence that long term senokot causes cancer and there is no human evidence that long term senokot changes bowel function. There is animal evidence that it might change bowel function.

