

Top Tips on good bowel management

Constipation can cause many problems, especially when you are unable to communicate. It's our job to make sure everyone is 🦿ing regularly, to keep them happy and healthy.

Did you know that constipation can cause:

- seizures
- Haemorrhoids
- Anal fissures
- Faecal impaction
- Bowel obstruction - which can lead to surgery and in some cases, death.
- Anxiety and stress
- Severe abdominal discomfort

Things to do to keep bowels healthy ❤️

💧 drink plenty of water. It's recommended 1.5-2 litres a day

🥦🍌🍓🥕🥔🥬🍌 A good healthy, balanced diet. Including lots of colourful fruit and vegetables. Beetroot is a great vegetable to get your bowels moving 😊

Try to get 30g of fibre a day. Eating plenty of fibre also lowers the risk of heart disease, stroke, type 2 diabetes and bowel cancer.

Fibre rich foods include; weetabix, shredded wheat, porridge. Choose brown carbohydrates such as brown pasta and rice.

Adding pulses like beans, lentils or chickpeas to stews, curries and salads is a good way of getting more fibre into foods.

💊 A lot of the people we support are on medication that can cause constipation and are therefore on laxities. It's crucial that these laxities are administered and PRN protocols are followed when they have not opened their bowels.

 Get moving - keeping active stimulates bowel movements. Make sure you are coming along to all the fun exercise sessions that are offered at Heroic Care.

Yoga is excellent for a healthy bowel - it keeps the body supple and squeezes the toxins from the organs, and promotes good peristalsis movement within the intestines.

Our stretch and relaxation session on a Monday is a good alternative for those that are unable to do yoga

 give time for stools to pass. Allow 10 minutes without interruptions. Where possible, sit on the toilet in a natural squatting position. It may be necessary for some people to require a footstool so knees are bent (see picture at the end for an example of the perfect seating position)

Prolonged constipation can cause polyps to grow in the colon - if left and untreated - they will turn to cancerous growths. They are painless but can cause constipation as they block the process of elimination.

Bowel screening is carried out when you reach the age of 50 until you are 75. It is called a FIT test and requires a small sample to be sent to Nottingham hospital lab where they will test for microscopic blood cells in your poo. If detected, you will need further testing for evidence of polyps. Any polyps are removed before they become cancerous. This test is required every 2 years.

If the service users you support are in this age bracket, you must ensure this screening is completed and sent back. If you have any issue getting a sample, please notify the office and we can offer support 😊

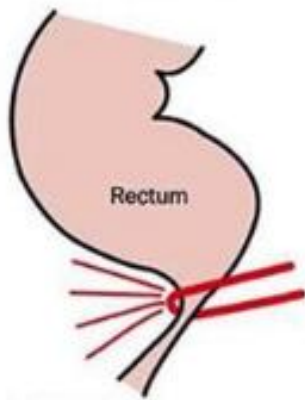
Try the sweetcorn test: counting the hours/days between eating sweetcorn and passing it through your system to the end waste product. If it takes longer than 4 days - then your system is sluggish and needs more fibre, fluid and exercise.

 Ensure bowel movements are documented. Including size, colour and type (using the Bristol stool chart). Remember, we should all be aiming for a type 3 or 4

**Intestine is pinched
and Blocked**



SITTING

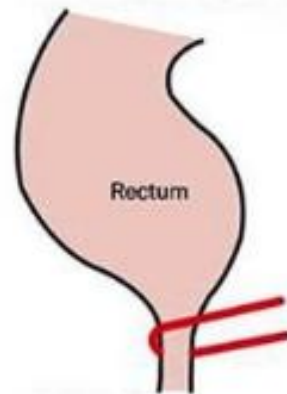


SITTING: Puborectalis
muscle choked the Rectum

**The healthier way to sit
in the toilet**



SQUATTING



SQUATTING: Puborectalis
muscle is relaxed and the Rectum is straight