

## staying healthy

A healthy lifestyle will help to prevent constipation from occurring. To keep your digestive system running smoothly, make sure you can tick all of the boxes below:



### Good nutrition from a healthy, balanced diet

Fibre is an essential part of a healthy, balanced diet and eating the recommended daily amount of 18g -30g/a day can help to prevent constipation. Fibre-rich foods include fruit, vegetables, nuts, and breakfast cereals.

It is equally important that your diet includes a balance of proteins, fats, carbohydrates and vitamins and minerals. Ask your doctor, nurse or pharmacist for advice if you have any questions about ensuring you have a balanced diet.



### Drink plenty of water

Water is essential for maintaining good health. A lack of water can make bowel movements difficult, so aim to drink the recommended daily amount of two litres or eight glasses of water a day, to help keep your natural rhythm going.



### Take regular exercise

Regular exercise is known to have many health boosting benefits including helping to keep your digestive system healthy. Aim to do some kind of exercise every day, such as a short walk or swim.

1. Wald A, Kamm MA, Müller-Lissner SA, Scarpignato C, Marx W, Schuijt C. The BI Omnibus Study: An international survey of community prevalence of constipation and laxative use in adults. *Digestive Disorders Week*. 20-25 May 2006. Abstract T1255.
2. Müller-Lissner SA, Kamm MA, Scarpignato C, Wald A. Myths and Misconceptions About Chronic Constipation. *American Journal of Gastroenterology* January 2005; [www.amjgastro.com](http://www.amjgastro.com)



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For more information visit:  
[www.constipationfacts.info](http://www.constipationfacts.info)



healthy  
**digestion?**  
give me the facts...

That blocked up, uncomfortable feeling you experience when constipated can leave you feeling miserable. If your digestive system is disrupting your life it's time to take action.

## a common problem

People don't like to talk about their bowel habits and are often embarrassed to admit it, but each year millions suffer from constipation<sup>1</sup>. However, despite many of us suffering from constipation, we don't always know the best way to treat it.

## how do I know if I'm constipated?

Constipation is a change from a person's usual toilet habits - often people worry about being constipated when they experience no bowel movements for only one day, but this can be perfectly natural. In some healthy people, bowel movements occur just three times a week.

### Key signs of constipation to look out for include:

- Having fewer than three bowel movements a week and/or you have to strain severely
- A change from your usual frequency to a lower frequency of bowel movements

## why am I constipated?

Anyone at any age can become constipated. People sometimes feel guilty, believing that bad diet or lifestyle habits are responsible for them becoming constipated. For some, this might be the case, but there are a number of other reasons it can occur, including a change in routine, such as going on holiday, or because you are busy or stressed and ignoring the urge to go to the toilet.

Other common causes include:

Age	Your digestive system can slow down as you get older
Pregnancy, Menstruation or Menopause	Hormone and lifestyle changes at these times can cause constipation
Medicines	Constipation can be a side-effect of taking painkillers, antacids, blood pressure medication or anti-depressants
Some illnesses	Constipation is one of the symptoms of Irritable Bowel Syndrome, hyperthyroidism, diabetes, and Parkinson's disease

## advice from medical experts

It is well known that factors such as a diet lacking in fibre, not enough fluid intake and lack of exercise, play an important role in many cases of constipation. You should always ensure you have a healthy balanced diet and take regular exercise as in most cases this can help ease the problem. But for some people, this might not be enough. Leading medical experts have acknowledged that increasing fibre intake, fluid and exercise, do not always effectively relieve symptoms of constipation and should not be assumed to be the cause of constipation in everyone.<sup>2</sup>

## how do I help to restart my natural rhythm?

A popular way to treat constipation is with a predictable laxative treatment, such as Dulcolax<sup>®</sup>. Dulcolax Tablets and Perles work by stimulating the colon's normal action, providing gentle overnight relief, and by helping the body restart its natural rhythm.

## choosing the right treatment for you

Find out which could be the best treatment for you:

need	recommendation
Gentle yet effective overnight relief →	Dulcolax <sup>®</sup> Tablets have a special comfort coating, which ensures that the active ingredient is released only in the colon where it is needed for reliable overnight relief.
Gentle yet effective overnight relief with a lighter dosing option →	Dulcolax <sup>®</sup> Perles offer a lower amount of laxative in a convenient and discreet microcapsule form. Because each microcapsule contains only one quarter of the maximum dose, you have the advantage of flexibility in choosing the level of relief to suit your need.
Prompt relief →	Dulcolax <sup>®</sup> Suppositories are ideal for people seeking prompt relief from constipation, providing reliable relief in 15-60 minutes.



Always read the label. Dulcolax<sup>®</sup> Tablets and Suppositories contain bisacodyl. Dulcolax<sup>®</sup> Perles contain sodium picosulfate.