

Constipation

NET Tip Sheet

The following advice may help prevent constipation. If your bowel motions are hard, lumpy and difficult to pass, then you may be constipated.⁽¹⁾ Contact your doctor if symptoms persist. If you haven't passed a bowel motion for several days and you're feeling abdominal pain or vomiting; you may have a bowel blockage. Seek medical attention as soon as possible.

Fibre⁽²⁾

Increasing your fibre intake can help relieve and prevent constipation.

- Slowly increase fibre intake over several weeks to avoid bloating and discomfort.
- As you increase fibre intake, make sure you increase fluid intake as well.
- Aim for 25-30g of fibre a day.

Hydration^(4, 5)

Hydration is key for keeping the bowel motions soft and easy to pass.

- Ensure that you drink enough so that your urine is pale in colour.
- Hot drinks first thing in the morning can help get things moving.

Bowel Elimination Routine

- Try to pass a bowel motion 20 minutes after eating to make the most of intestinal motility.
- Don't ignore the urge to go.
- Position yourself so your knees are higher than your hips.
- Push your tummy muscles out, try not to suck in.
- Relax, don't hurry.

Food	Serving Size	Fibre per serve ⁽³⁾
Kiwifruit	1 (100g)	3.3g
Linseed	1Tbsp	2.2g
Baked Beans	3/4cup	10.9g
Prunes	6 prunes	3.1g
Almonds	30g	3.5g
Broccoli	80g	2.7g
Kumara	135g (medium)	2.8g
Rolled oats	1/3cup (raw)	5.2g
Potato	135g (medium)	1.8g
Wholegrain Bread	2 Slices	5.7g
Raspberries	1 cup	4.2g
Lentils	80g	3.0g

Activity^(4, 5)

- Physical activity helps your body move your bowel motions through your intestines as it helps with bowel contractions.
- Start by increasing activity levels slowly, this could include walking to the letter box and then slowly increasing the distance.
 - Try other activities such as yoga or swimming.

This tip sheet is just a guide, for more personalised information contact a dietitian.

References

1. Gastrointestinal Society, *Constipation*, Canadian Society of Intestina Research 2017
2. Ministry of Health NZ, *Nutrient Reference Values for Australia and New Zealand*, MoH, 2006
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4. Whyand T, Davies P, and Caplin, *Food and Neuroendocrine Tumours*, The NET Unit, Royal Free Londond Foundation Trust 2014
5. Leyden, *Neuroendocrine Tumours: A guide for patients and carers*, Unicorn Foundation Australia 2015

