

Constipation

What is Constipation

Constipation is difficulty emptying your bowels, often associated with hardened stools.

CONSTIPATION



How It Affects Your Bladder

Bowel problems can lead to bladder problems. The bowel and bladder share a common nerve pathway. Constipation can also cause problems with your pelvic floor muscles and apply additional pressure on the bladder, interfering with bladder function.



Normal



Constipated

Important Notes

Correcting bowel dysfunction is an important part of normal urination. Normal bowel function should include a soft, fluffy bowel movement every day or every other day.

- Listen to your body

Do not ignore the body's signal to have a bowel movement. Ignoring this will cause the signal to become weaker over time.

- Increase fiber intake

Your daily goal for fiber is 20-35 grams.

- Hydration

Your daily goal of fluid intake is 64 oz.

- Use miralax or metamucil

These laxatives draw water into the bowel to provide softer stools.

- Metamucil can be adjusted from 2

teaspoons daily up to 2 tablespoons daily.

- Miralax can be adjusted up or down from

1 capful for desired effect.

- It can take up to one month of normal bowel function to notice improvement in your urinary function.

- If you have not had a recent colonoscopy or are having bowel trouble, please alert the navigator. We can help arrange a referral to a colon specialist.

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