

14 Constipatie Tips

Tips om te verbeteren wat, wanneer en hoe je ontlasting is



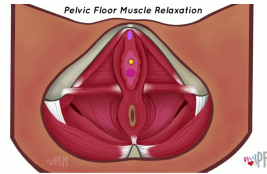
1 Blijf gehydrateerd



2 Vezelrijke voeding



3 Beweeg regelmatig



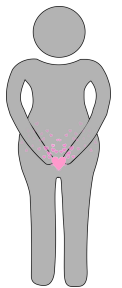
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Ontspan je bekkenbodembodem tijdens het stoelgang maken



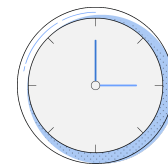
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Blijf ademen en span je niet op



6

Negeer de drang "om te gaan" niet!



7

Train opnieuw de gastrocolische reflex

Maak er een dagelijkse routine van

14

Praat met je behandelende arts



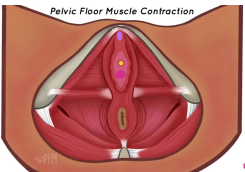
13



Bekkenbodembodem therapie

12

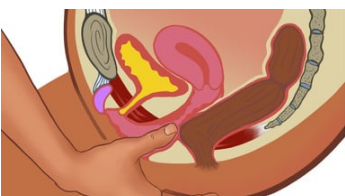
Eindig met een aanspanning van de bekkenbodembodem



11

Hulpmiddel voor rectocele

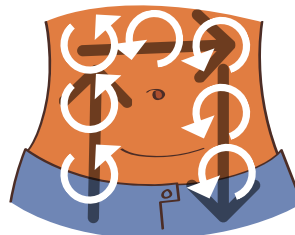
Toilethouding



10

Buikmassage

9



8



- 1 Staying hydrated helps to keep the poop soft and moving through your "pipes".
- 2 A fiber rich diet helps to keep your poop the right consistency so it doesn't get "stuck". Fiber rich diets include plenty of whole grains, fruits, and vegetables.
- 3 Regular exercise helps keep your digestive system healthy and moving. Not convinced? What usually happens when you "walk the dog"? That's right- the dog usually poops!
- 4 Your pelvic floor muscles wrap around the anus to keep it closed at the right times and to allow it to open at the right times. We need the anus to soften and open so that poop can easily exit.
- 5 Holding your breath and straining puts unnecessary stress on the pelvic floor muscles and surrounding tissues. It sometimes even leads to the pelvic floor muscles contracting! Saying "moooo" or "grrrr" while pooping is a good way to insure air flow is occurring.
- 6 Urges to poop need to be listened to or they may get weaker and weaker. Some people have ignored the urges so long that they don't even feel them anymore!
- 7 Your bowels like consistency. Try setting up a daily routine that involves toilet time at approximately the same time each day. You CAN train your bowels to go when and where you choose!
- 8 Your gastro-colic reflex is active about 20-30 minutes after mealtime and is one way you can train your body to poop.
- 9 Abdominal massage involves massaging your belly to help stimulate a bowel movement. Be sure you are relaxed and near a toilet!
- 10 A squatting position has been found to be more effective for pooping.
- 11 If you have a rectocele, or posterior vaginal wall laxity, poop can get "stuck" in the "pocket". Splinting the rectocele can help empty the "pocket".
- 12 After you finish pooping, doing a few strong pelvic floor contractions can help you feel completely empty.
- 13 A pelvic health Physical Therapist can help guide you through items 1-12 and more!
- 14 There are additional options that you can discuss with your healthcare provider including but not limited to laxatives and referrals to specialists.