

TOP 10 TIPS TO HELP WITH:

BOWELS



1 ROUTINE

Have a regular toilet routine, make sure it is private and you are not in a rush



2 SQUAT

Try to get into a squat position with your knees higher up when going to the toilet



3 MOUTH BLOWING

Try blowing out the mouth exercise, short and quick actions to help when on the toilet



4 DIET

Make sure your diet includes lots of fruit (apples, plums), vegetables and fibre (sweet potato, spinach, nuts, seeds)



5 FIBRE

Build up fibre in your diet gradually to avoid wind and bloating



6 AVOID SUGAR

Avoid processed foods that contain a lot of sugar (sweets, cakes, biscuits)



7 FLUIDS

Drink plenty of fluids, aim for two litres per day, and more if you are sweating during the day



8 COFFEE

Having a strong coffee in the morning (if tolerated) can help with constipation



9 MASSAGE

Massage your abdomen (stomach) clockwise (yourself or ask someone to help you)



10 EXERCISE AND STRETCH

Exercise regularly (as much as you are able), including stretches while sitting down

For more information about bowels and constipation visit:

www.africaparkinsons.org

OR

www.facebook.com/parkinsonsafrica

