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:
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