

## **How To Keep A Healthy Bowel Regimen & Manage Constipation**

The colon's job is to help absorb nutrients and water from the food we eat. While on Semaglutide or Tirzepatide the digestive process slows down, giving your colon more time to absorb the nutrients and water. This causes drier and harder stools that can be more difficult to pass.

The first and most important step in preventing constipation is to **prioritize hydration**. It is important to remember to drink plenty of water regularly. A general guideline for the amount of water to be consumed in a day should be around half of your body weight in ounces.

Here are some other tips to help maintain healthy bowel function:

1. **Eat a lot of fiber filled foods.**

Examples include fruits and vegetables (with the skin on if possible), oatmeal, brown rice, and raw leafy greens. Eating some fiber with every meal is not only filling and good for your heart, it is also great roughage to support a healthy colon.

2. **Consider starting a laxative or stool softener.**

Take 2 to 3 tablets of **Senokot** (Senna & Docusate Sodium). The senna helps move the bowels and the docusate sodium acts as a stool softener. If once daily is not working, you can take Senokot twice per day, once in the morning and again at bedtime.

**MiraLax** (Polyethylene Glycol 3350/PEG 3350), is a powdered laxative that you can mix in a cup of water and drink. It increases the amount of water that is in the intestinal tract to stimulate bowel movements. It is recommended to take once a day for up to seven days.

3. **Try to have a bowel movement daily.**

Avoid going too many days without a bowel movement. The longer you wait, the harder it is to get your bowels regular again. If you haven't had a bowel movement in 4 days, it may be time to give us a call.

4. **Add prunes or prune juice to your diet.**

Prunes helps to keep more water in your colon. It acts as a natural stool softener and bulking agent to help regulate bowel movement.

5. **Increase your daily activity.**

Light exercise, such as walking, helps maintain bowel health and will also support healthy weight loss.

There are certain medications that predispose people to constipation. While taking Semaglutide or Tirzepatide, you may need to increase your bowel regimen if you are already on a prevention plan. Talk to our team about what medications you are taking and for more ideas on how to manage your symptoms.

### **I am having loose or runny stools, should I stop my bowel routine?**

If you start to have loose or runny stools, don't stop your bowel routine completely, just eliminate one or more of the added steps until you find the right combination of aids to help regulate your bowels. Using one or more of these tips lets you change your bowel routine when you need to.

For more questions, call or speak to your nurse and let them know what's happening and changes that are occurring.