

## Steps For Better Bowel Movements

### 1. Limit your time on the toilet:

Do not spend more than 2 to 3 minutes on the toilet. If you are unable to pass stool, **STOP** and return when you feel like you can. Bowel movements should be soft and require minimal to no strain. You may also want to consider using a stool under your feet when stooling.

### 2. Drink more water:

You should consume at least 2 liters of water a day. This can be done by drinking a large glass of water every 3 hours.

### 3. Increase your fiber:

Your fiber intake can come either from your diet or a supplement. Your total recommended daily fiber intake is 20-25g. Metamucil, which contains psyllium fiber, is a popular fiber supplement. Bran Buds Cereal is a good source of dietary fiber. Determine your daily dietary fiber intake using the HealthLink BC resource then introduce supplements as necessary to reach your daily goal. Below is an example of how to introduce and slowly increase fiber intake.

#### Metamucil

Weeks	Morning Dosage	Evening Dosage
Week 1	2.5 grams	0 grams
Week 2	2.5 grams	2.5 grams
Week 3	5 grams	5 grams

OR

#### Bran Buds Cereal

Week 1	$\frac{1}{3}$ cup per day
Week 2	$\frac{1}{2}$ cup per day
Week 3	$\frac{3}{4}$ cup per day

Please note that bloating and gas is normal when introducing fiber and will decrease with time.

If you do not consume enough water, your bowel movements may become harder with fiber, worsening your symptoms.