



TEXAS UROLOGY

CONSTIPATION

Constipation could be a cause of your bladder control problems. When the rectum is full of stool, it may disturb the bladder and cause the sensation of urgency and frequency. If you have a history of constipation or have recently become constipated, see your health professional. Constipation may be caused by the medicines you are taking, a "sluggish bowel" or other conditions.

Most people in Western society should add more bulk to their diet, fiber additives, or bulking agents. Discuss your need for fiber with your health professional, pharmacist, or a nutritionist. If you are constipated, this *Special Recipe* may be helpful.

Special Recipe

1 cup applesauce
1 cup oat bran
¼ cup prune juice
Spices as desired
(cinnamon, nutmeg, etc)

This recipe may be stored in your refrigerator or freezer. Pre-measured servings may be frozen in sectioned ice cube trays, or foam plastic egg cartons, and thawed as needed.

Begin with two tablespoons each evening followed by one 6 to 8-ounce glass of water or juice. After seven to ten days increase this to three tablespoons. At the end of the second to third week increase it to four tablespoons. You should begin to see an improvement in your bowel habits in two weeks.

When you begin using the *Special Recipe*, remember it is high in fiber, and it is important that you not restrict fluids. Also, you may be troubled by gas and bloating, but this should go away in a few weeks.

Remember, any change in bowel habits should be reported to your health professional. This is one of the seven danger signals listed by the American Cancer Society.

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