

DIETARY SUGGESTIONS FOR IMPROVING BOWEL HABITS

Recommendations for improving bowel habits:

1. Drinking 6-8 glasses of fluid a day.
2. Increasing fiber in one's diet*
 - Raw vegetables and fruit: apples, prunes, celery
 - Cereals: bran, shredded wheat, crackling oats
 - Whole grain breads
3. Increasing exercise: walking daily
4. Milk of Magnesia taken after morning or afternoon meal
5. Adding a bulk-forming agent: karaya, methylcellulose, psyllium
6. Adding fecal softener: colace, glycerine suppository

*When adding fiber to your diet, remember that you may feel bloated and have gas in the beginning. It is also important NOT to restrict fluids when you are adding fiber.

Special Recipe

- 1 cup applesauce
- 1 cup Oat or Wheat Bran
- ¼ cup prune juice
- Cinnamon for taste (optional)

Begin with 2 tablespoons each evening followed by one 6-8 ounce glass of water or juice. After 7 to 10 days, increase this to 3 tablespoons and then at the end of the second to third week, increase to four tablespoons. You should begin to see an improvement in your bowel habits in 2 weeks. When you begin using the Special Recipe, you may notice some increase in gas and you may feel bloated. This should go away in several weeks.

This recipe may be stored in your refrigerator or in the freezer.

Pre-measured servings may be frozen in sectioned ice cube trays or in the nice foam plastic egg cartons and thawed as needed.