Constipation

What is constipation?
Constipation occurs when stools are difficult to pass. It may occur with cramping and pain in the rectum caused by straining to pass hard, dry stools. There may also be small amounts of bright red blood on the stools or toilet paper; the blood comes from slight tears in the anus, which occur when hard stools are pushed through it. The bleeding will stop when the constipation is relieved.

What causes constipation?
Lack of fiber and too little water in the diet are common causes of constipation. Other causes include inactivity, delaying bowel movements, medications.

Prevention

- Eat plenty of high-fiber foods such as fruits, vegetables, and whole grains.
- Bran cereal
- Bulk-forming agent, such as Citrucel, FiberCon or Metamucil. Drink plenty of fluid with these products.
- Avoid foods that are high in fat and sugar.
- Drink at least 6 to 8 glasses of water and other fluids every day.
- Be more physically active.