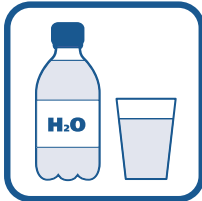


GENERAL ADVICE ON HOW TO PREVENT AND MANAGE CONSTIPATION IN DAILY LIFE



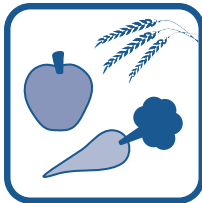
EXERCISE

30 minutes daily physical activity is recommended in order to increase the intestinal motility.



DRINK WATER

Drink 1,5–2 liters per day to get a sufficient hydration of the feces, making them easier to expel.



EAT FIBERS

The foods most facilitate faecal expulsion are those with a high content of slag and fiber. The introduction of 10–20 g per day fiber, produces feces hydrated and greater volume, transiting more quickly in the gastro-intestinal tract, which stimulates peristalsis.



VISIT THE TOILET REGULARLY

Regular toilet visits will help your bowels regulate the bowel movements and get more regularity.



CONTACT YOUR DOCTOR

Visit your doctor immediately if there are blood in the feces. You can also get information about different treatment options by talking to your doctor or pharmacy staff.