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CONSTIPATION

It is hard to pass bowel motions. Stool might be:

- Too hard
- Too small
- Hard to get out
- Happening less than 3 times a week

Possible causes include: side effect of meds, poor diet and diseases.

Things of Concern:

- Blood per stool
- Fever
- Weight loss
- Fatigue

Patient instructions:

- Eat high-fiber food (fruits, vegetables, prune juice and cereal) best: green beans, peas, legumes, bran, oatmeal, nuts (almonds and peanuts).
- Caffeine drink in the morning.
- Drink plenty of fluids.
- Don't hold the urge to defecate, go as soon as possible.
- Take laxatives.

High-Fiber diet:

Fiber is not digested throughout the gut, but it helps other food get digested and improve bowel movements.

There are 2 types: Soluble fiber found in fruits, oats, beans, barley and peas. The insoluble one is found in rye, wheat and other grains.

Fiber helps in many problems including constipation, diarrhea and hemorrhoids.

Recommended amount is 20-35 grams per day. Amount can be seen on the Nutrition Facts label of food to be sold

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Amount per Food type:

Apple 4 g, Banana 4 g, Orange 3 g, Prunes/cup 12 g, 1 cup of Green beans 4 g, 1 cup of carrots 4 g, 1 cup of peas 9 g, potato 4 g, cucumber 1.5 g, lettuce 0.5 g, tomato 1.5 g, Kidney beans 14 g, lentil 15 g, bran 5 g, oatmeal 4 g, white bread 0.5 g, wheat bread 2 g, Rice brown 3.5 g, Rice white 0.5 g, Almonds 17 g, peanuts 12 g.

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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