



# Lifestyle Modifications for Managing Constipation

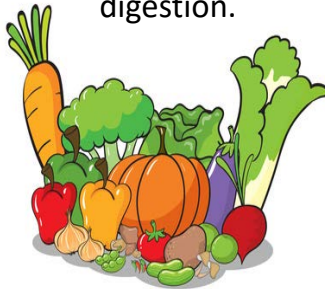
## TOILET SCHEDULE

Try having a bowel movement in the morning, especially 90 min after breakfast.



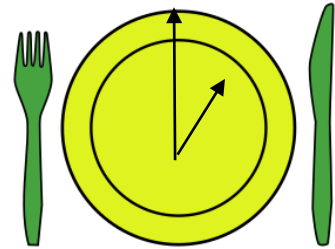
## EAT MORE OF THESE FOODS

Fruits and vegetables are high in fiber and will aid digestion.



## EAT MEALS AT THE SAME TIME EACH DAY

Eating at the same time will help restore bowel regularity.



## EXERCISE

Get adequate exercise



## DRINK MORE LIQUIDS

Aim for 6-8 glasses of liquids a day



## WHOLE GRAINS AND CEREALS

Aim for 20-35 grams a day



## PRUNES

Eat 4-5 dried prunes, twice daily



## ADD PROBIOTICS

Foods like sauerkraut, yogurt, and kimchi have good bacteria that aid digestion.



## LIMIT THESE FOODS

Processed, fast, fried and foods high in sugar may cause or worsen constipation





## CONSTIPATION IN PARKINSON'S DISEASE

Constipation is very common among patients with Parkinson's Disease. It varies from mild and bothersome to severe and troubling. Prevention and maintenance are key points in treating constipation and minimizing the discomfort of laxatives, enemas and impaction.

### STAGE 1

*Lifestyle modifications*

See back of handout for more tips

### STAGE 2

*Used on a daily basis*

1. Senna: start with one capsule daily and can go up to \_\_\_\_\_ a day

### STAGE 3

*If senna alone is ineffective*

1. Bisacodyl (dulcolax): one to two tablets at bedtime, OR
2. Miralax (polyethylene glycol): one heaping tablespoon into 8oz of water daily as needed. Can go up to \_\_\_\_\_ a day

### STAGE 4

*If senna + miralex or dulcolax are ineffective*

1. Linactolide: start at a low dose and increase as needed, OR
2. Lubiprostone: start at a low dose and increase as needed

### STAGE 5

*More than three days with no bowel movement*

1. Bisacodyl (dulcolax) suppository: this is effective much sooner than the oral form so **DO NOT TAKE** at bedtime.
2. Fleets Enema: This is effective if there is not a large volume of stool impacted.