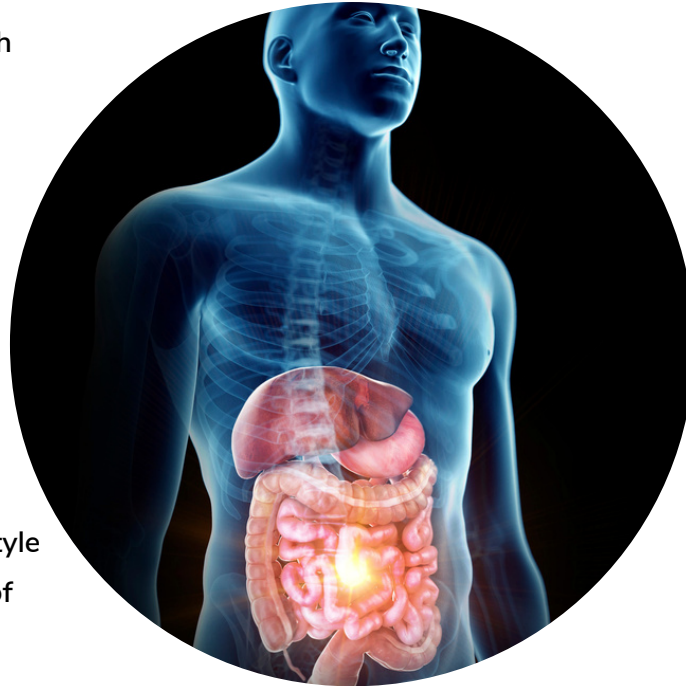


What is Constipation?

a condition in which you may have fewer than three bowel movements a week; hard or dry stools, or difficulty passing stools

Common causes

- underlying problems with intestinal function
- not eating enough fibre
- dehydration and not drinking enough fluids
- lack of exercise or physical activity
- delaying the urge to have a bowel movement
- a side effect of medicine
- changes in diet and lifestyle
- weakness and function of pelvic floor muscles
- stress



Symptoms

- few, irregular or no bowel movements
- difficult, strained or painful bowel movements
- passing lumpy, hard, or dry stools
- a sensation of incomplete evacuation
- bloating or abdominal discomfort
- feeling of heaviness or fullness in the abdomen
- feeling of rectum blockage

Constipation

The normal length of time between bowel movements varies from person to person. Some people have them three times a day. Others have them just a few times a week with fewer than 3 days movements weekly considered constipation after which time stool gets harder and more difficult to pass.

In general, constipation occurs when stool moves too slowly through the large intestine, also called the colon. If the stool moves slowly, the body absorbs too much water from the stool leaving the stool to become hard, dry and difficult or painful to pass.

UK Statistics

It's estimated that around 1 in every 7 adults and up to 1 in every 3 children in the UK has constipation at any one time.

Diet & Nutrition

Diet and Lifestyle support for Constipation

Constipation can be effectively managed through nutritional and lifestyle adjustments. These include maintaining a balanced diet, increasing intakes of fibre rich food, optimising hydration and building in daily activity. BANT nutrition practitioners assess and identify potential nutritional imbalances to understand how these may be contributing to an individual's symptoms and health issues. While there isn't a one-size-fits-all solution for constipation, personalised dietary and lifestyle suggestions can significantly reduce the frequency, severity, and occurrence of symptoms.

