



WYNDHAM HOUSE SURGERY

CONSTIPATION

This is characterised by persistent difficult, infrequent or seemingly incomplete passing of a motion, which may be accompanied by abdominal pain or bloating. Constipation is more common in women than men and this increases with age in the elderly due to changes in their mobility, diet and fluid intake. About 10% of the UK population are regularly constipated.

- Causes Diet – usually lack of fibre in the diet
- Avoiding the call to open your bowels
- Lack of exercise, reduced mobility
- Certain medication, especially codeine
- Certain medical conditions e.g. Multiple Sclerosis

General Management and Prevention

1. Increase the fibre in your daily diet gradually. At least 18g of fibre is the required daily amount. Eat at least one fibre-rich food at every meal. This needs to be done for a month before the full effect may be felt.
2. Increase fluid intake 1.5-2 Litres a day
3. Take more exercise where possible
4. Toileting – establish regular habits, more effective after meals, ensure good position (sitting with knees above hips and feet firmly on the floor). Gently rocking motion may help as this increases intra- abdominal pressure.

If the problem persists seek medical advice.

FIBRE GUIDE

FIBRE CONTENT OF FOODS PER AVERAGE SERVING IN GRAMS

BREAD	gms	VEGETABLES	gms
Brown/Hovis/Softgrain (slice)	1	Baked beans (135g)	5
White (slice)	0.5	Beetroot (75g)	1.9
Wholemeal (slice)	2	Broad beans (80g)	5
		Broccoli (100g)	2
PASTRY		Brussel Sprouts (90g)	3
Short pastry (50g)		Butter beans (10g)	4
		Carrots (80g)	1
BREAKFAST CEREALS		Cabbage (100g)	2
All-Bran (40g)	10	Cauliflower (90g)	1.4
Bran Buds (40g)	9	Celery – raw (90g)	1.4
Bran Flakes (30g)	4	Cucumber (1" piece)	0.2
Cornflakes (30g)	0.2	French beans (90g)	3.7
Country store (30g)	1.8	Leeks (80g)	1.4
Fruit 'n' Fibre (30g)	2.1	Lentils (90g)	2
Muesli (40g)	2.6	Lettuce 4 Leaves (20g)	0.2
Porridge (160g)	2	Onion boiled (100g)	1
Raisin Splitz (30g)	2.7	Peas – canned (85g)	4.1
Rice Krispies (30g)	0.2	Peas- fresh (65g)	2.9

Sultana Bran (30g)	3	Peas - frozen (65g)	3.3
Weetabix (each)	2	Potatoes – jacket (100g)	1.4
FRUIT		Potatoes – new (100g)	1.1
Avocado pear (75g)	2.6	Potatoes- boiled (2 scoops)	2
Apple x 1	2	2.6 Potatoes – mash (2scoops)	2
Apricots x 3 dried	2	Runner beans (90g)	1.7
Banana x 1	1	Spinach (100g)	2
Blackberries (100g)	3.1	Spring greens (100g)	2
Black grapes (100g)	0.7	Sprouts (100g)	4.8
Cherries (100g)	0.9	Swede (75g)	2.6
Dates – dried (15g)	0.5	Sweet corn (150g)	2
Figs – dried (20g)	1.5	Tomato x 2	1
Gooseberries stewed (140g)	3	BISCUITS	
Grapefruit x 1	1	Digestive x 2	0.6
Orange x 1	3	Ginger nuts (12g)	0.2
Peach x 1	1	Oatcakes (25g)	1.5
Pear x 1	3	Shortbread	0.5
Pineapple (2 rings/12 chunks)	1	CAKES	
Plums – fresh x 4	2	Rich fruit cake	1
Prunes x 6 stewed	2	Scone	0.5
Prunes (24g)	0.6	Sponge	0.5
Raisins (24g)	0.5	NUTS	
Raspberries (60g)	1.5	All nuts (25g)	2
Rhubarb (140g)	2	GENERAL DAILY RECOMMENDATIONS	
Strawberries x 10	1	Dietary fibre 18 – 30g	
Sultanas (2 tablespoons)	1	Fruit and vegetables 5 portions	
RICE/PASTA		Fluid intake 1.5 – 2 Litres	
Brown rice (5 tablespoons)	1.5		
Pasta (20g)	2		
White rice (5 tablespoons)	0.5		
Wholemeal pasta	5		

An average portion/serving generally equates to what you can hold in your hand.

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