

TIPS TO GET YOUR BOWEL MOVING!

Dialysis patients often experience issues with having successful toileting sessions. Below are some strategies that you can implement with the help of your Dietitian.

Choose "Easy to chew foods"

Difficult foods to chew will make it difficult for your bowel to move!

Easy to chew meal options:

- ✓ Applesauce ✓ Shredded chicken or tuna ✓ Eggs ✓ Cream of Wheat
- ✓ Well cooked vegetables (beets, acorn squash, etc)

Increasing Fiber – Another Good Solution!

Increasing Fiber will help you regulate bowl movements, as well as improve fluid control and better cholesterol.

Foods safe to eat that are high in fiber:

- ✓ Metamucil (psyllium husk) mixed with water
- ✓ Apples ✓ Pears ✓ Celery ✓ Salad
- ✓ Berries ✓ High fiber organic breads



Probiotics —"A good culture to have!"

Adding probiotics in your daily routine, along with a healthy diet high in fiber and an active lifestyle, helps keep frequent bowel movements.

Choosing a probiotic for constipation relief is easy!

- ✓ Look for Probiotics that have multiple strains of bacteria listed on the label, the more the better!
- ✓ Look for higher levels of Colonizing Forming Units = CFU's. Ideally look for a product with >15 billion CFU's.

Supplement Facts

Serving Size 1 capsule
Servings Per Container 28 capsules

Amount Per Serving

Probiotic Blend (30 Billion CFU) 141 mg

Lactobacillus Acidophilus, Bifidobacterium Longum
Bifidobacterium Bifidum, Bifidobacterium Lactis, Lactobacillus
Paracasei, Lactobacillus Plantarum, Lactobacillus Casei,
Lactobacillus Gasseri, Lactobacillus Rhamnosus, Lactobacillus
Salivarius