



TOP TOILET TIPS

For carers

A daily bowel motion is ideal.

The bowel is at its most active 30 minutes after breakfast, so this is the optimum time to try.

Don't leave someone to sit too long, or strain – they should never sit on the toilet for longer than ten minutes.

If there is no motion, take them away for an hour – then go back and try again for another ten minutes.

Constipation needs to be treated as soon as possible as it can become serious.

Water and fibre intake are crucial. Green kiwifruit is a great food for getting the bowel moving, or try the Continenence NZ Bowel Reviver Recipe, or Metamucil.

If this fails, see a doctor for a laxative or suppository to get things going.

Exercise stimulates the bowel – a brisk walk early in the morning is great.

For those who can't exercise, try abdominal massage – press firmly in a circular clockwise motion for few minutes.