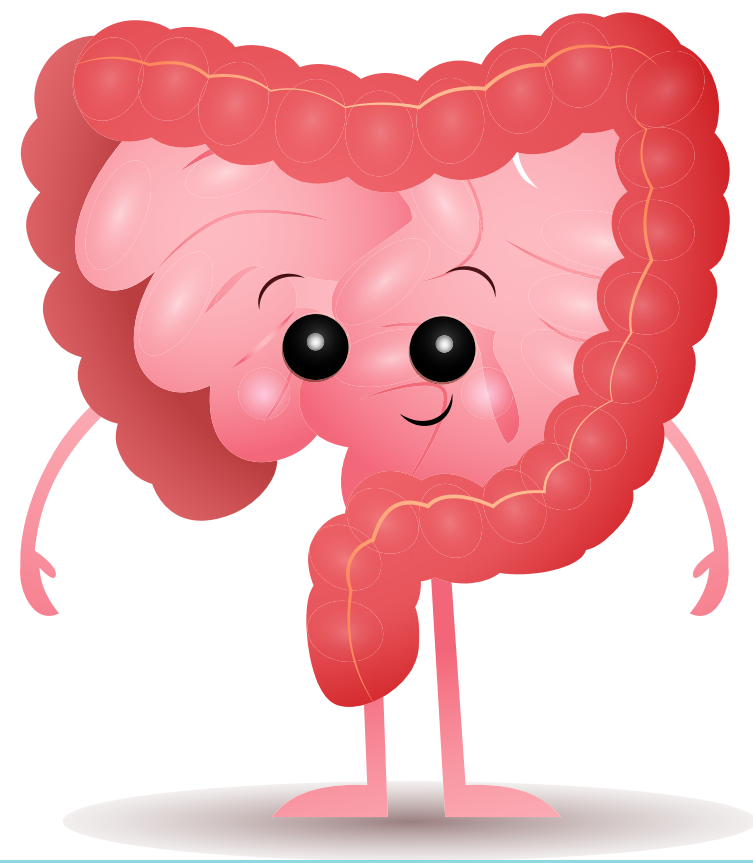


The B's of Bowels

KNOW YOUR BUSINESS WITH CONTINENCE NURSE LISA SMITH



Your bowel health is important. This guide will let you know whether you are on the right track, and give you some tips on how you can improve.

1

B-REGULAR

Most people open their bowels daily after breakfast or dinner.

2

B-LOOKING

No need to rush. Check before you flush.

3

B-FOR BRISTOL STOOL CHART

A healthy stool should be a soft Type 4 stool on the chart.

4

B-EASY TO PASS

There should be no pain or straining when passing a bowel motion. Type 1-2 on the chart means you're probably constipated.

5

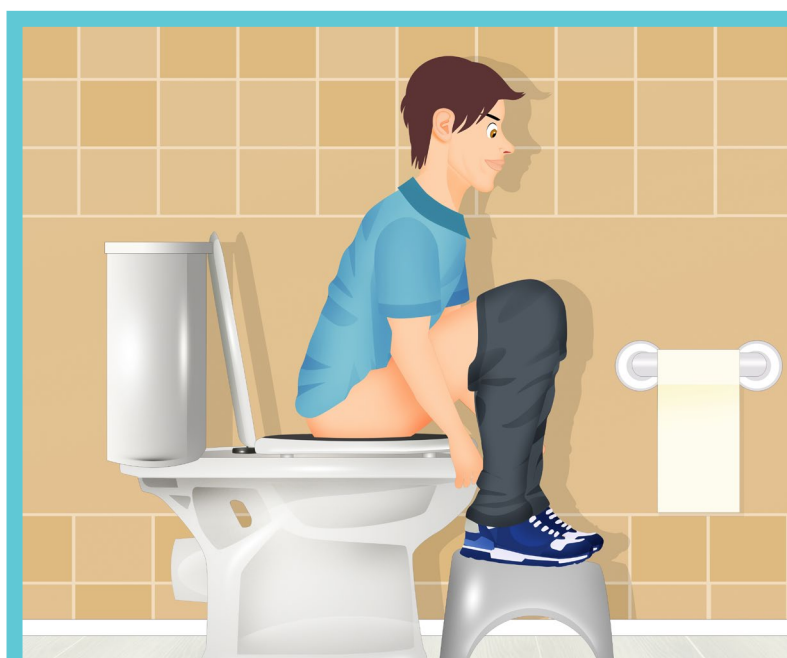
B-AWARE

Of change, the bowels are very sensitive. Many things can result in constipation: change in routine, change in activity, change in how you are feeling are just a few. And diarrhoea can be a warning sign.

6

B-RELAXED

Sit and chill on the toilet with your feet on steps or a stool, it helps you to empty your bowels easier.



7

B-OPEN

If you have a problem with your bowels talk to someone who can help you. Don't be embarrassed to go and see your doctor. There are lots of things that can be done to beat constipation.

