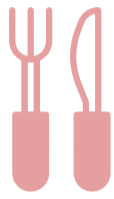


Top 5 Tips for Healthy Bowels

World Continence Week

19-25
June 2023



Fluid and Food:

Get enough in to help it come out – aim for 1.5-2L of water and 25-34 grams of fibre daily for an adult.



Physical Activity:

Move your body to help move your bowels. 20-30 minutes of activity at least 3-4 times weekly is ideal.



Timing:

Relax and take your time on the toilet – allow about 10 minutes after breakfast and dinner, or whenever you feel the urge to go.



Position:

Sit on the toilet with your feet flat, knees at slightly above your hips, and leaning forward slightly.



Know your Pattern:

Be familiar with your bowel pattern and what is “normal” so that you know when to seek help.

Visit www.continence.org.nz to find out more about keeping your bowel healthy!