



# BOWEL PROBLEMS

What can I do?

# Bowel problems

## What can I do?

### Diet

- drink at least 2 liters a day
- eat food with fibers (full grain, vegetables), avoid food without fibers (white bread and cakes)

### Toilet habits

- work on getting scheduled toilet habits
- take care that you have sufficient time and peace for your toilet visits
- sitting with legs elevated a bit, put for example feet on a box, can facilitate bowel movement
- massage of the anal region can facilitate bowel movement

### Laxatives

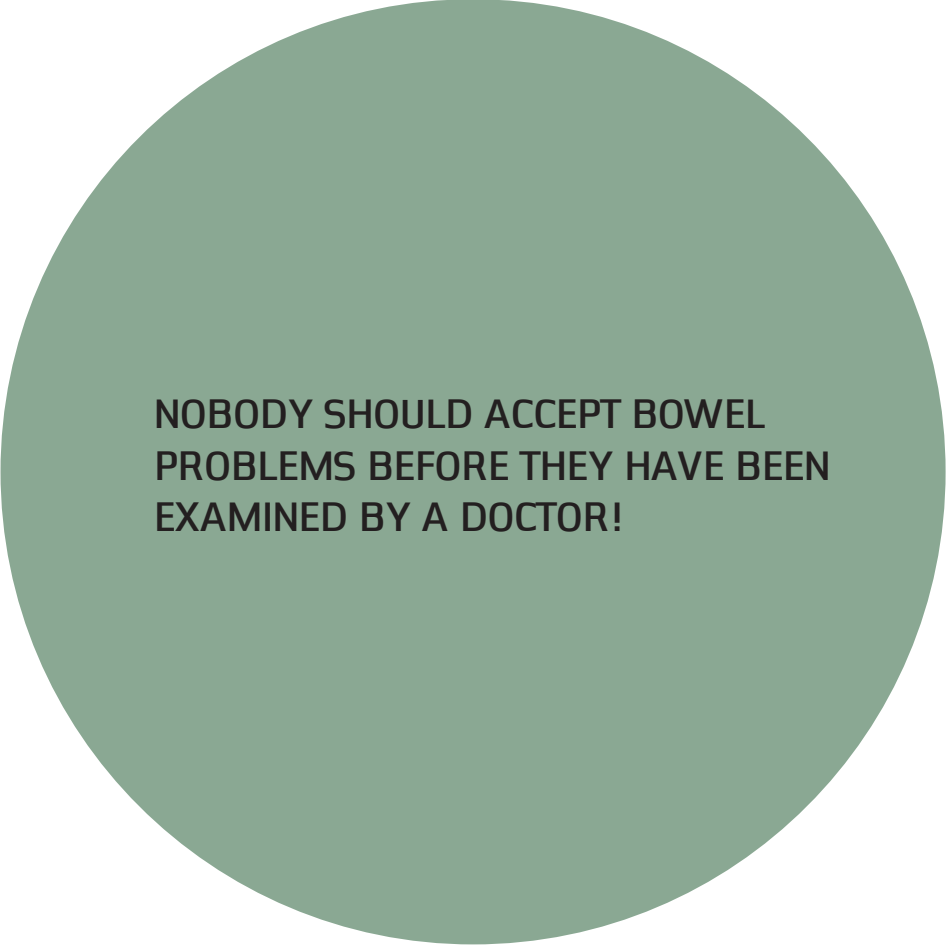
- Are of different kinds:
- bulking laxatives that increase your fiber intake – should not be used if you cannot drink more than 2 liters a day
- osmotic laxatives that keep water inside the intestines
- laxatives with effect on movements of the intestines
- anal/rectal enema

Only laxatives with effect on movements of the intestine can be overused!

### Contact our doctor if


- the symptoms have arisen within 1-2 years
- if the above advice is of no help

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**NOBODY SHOULD ACCEPT BOWEL  
PROBLEMS BEFORE THEY HAVE BEEN  
EXAMINED BY A DOCTOR!**



A close-up photograph of a wheelchair's rear wheel and axle. The wheel is dark and has a textured surface. The axle is metallic and connects to a black plastic frame component. The background is blurred, showing what appears to be a paved surface and some foliage.

PTU is a national association engaged in creating equal conditions and increased quality of life for the more than 100,000 Danish people who suffer from serious injuries following an accident or a disease.

More info on [www.ptu.dk](http://www.ptu.dk)