

Constipation is common in people with kidney disease. Some reasons for constipation include:

- Lack of exercise
- Ignoring the urge to go to the washroom
- Stress and anxiety
- Low fibre intake
- Low fluid intake
- Some medications and medical conditions

Having a bowel movement every 1 to 2 days is a good goal.

## Tips for Keeping Your Bowels Regular

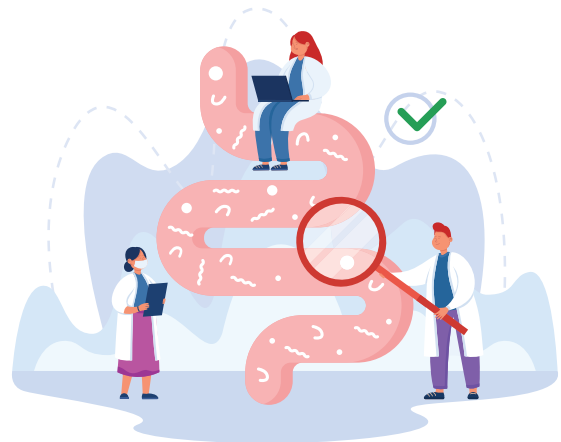
- Get active! Activities like walking, stretching, gardening or riding a stationary bike will help your bowels move.
- Go to the washroom as soon as you feel the urge.
- Take time for a bowel movement at a regular time every 1-2 days.
- Increase the amount of fibre in your diet. Do it gradually to avoid gas or bloating. Very large amounts of fibre are not suitable for people on a fluid restriction.
- Drink the amount of fluid recommended by your doctor or dietitian.

- Talk to your healthcare team about whether over-the-counter medications may help:

- Lactulose, 15 - 30 mL by mouth daily as needed
- Polyethylene Glycol 3350 (PEG) without electrolytes, 17 g (1 cap) by mouth daily as needed

Other \_\_\_\_\_

- If you have not had a bowel movement for 5 days or more, discuss with your nurse or doctor. **For PD patients, follow the directions from your nurse and doctor.**
- If ordered by your doctor, take your bowel medications daily.



Get started by including higher fibre foods in your diet such as:

## Vegetables

- Cabbage
- Carrot
- Cauliflower
- Chayote
- Choy sum (yu choy)
- Corn, yellow
- Eggplant
- Fungus, cloud ear/wood ear/Jew's ear
- Gai lan (Chinese broccoli)
- Green Beans
- Green Peas
- Okra

## Fruits

- Apples
- Asian pear
- Blueberries
- Cherries
- Cranberries
- Kumquat
- Lychee
- Peaches
- Pineapple
- Plum
- Strawberries
- Tangerine/Mandarin

Eat the whole vegetable and fruit, (instead of juice). Include the skin or peel when possible.

## High Fibre Grains

- Barley
- Brown rice and multigrain rice
- Cereals such as oatmeal and Shredded Wheat
- Popcorn
- Whole Wheat Breads
- Whole Wheat Pasta

**Add 1 - 2 tablespoons ground flaxseed and Chia seeds** to yogurt, cereals, smoothies, or homemade muffins.

These examples are appropriate for most people with kidney disease. Ask your dietitian for more ideas, brand specific examples, and how many servings of vegetables and fruit is best for you.