

lifelax

fluid and constipation

*diet and lifestyle in the
management of constipation*



why are fluids important for you?

Fluid is important:

- To prevent your body becoming dehydrated.
- To bulk up your stools so they are softer and easier to pass.
- To relieve constipation.

It is likely that you won't feel thirsty a lot of the time, especially if you are stressed or feeling ill, but try and continue having soft drinks.

Alcohol is dehydrating and may make constipation worse.



do you drink a lot of tea or coffee?

Try and limit your tea and coffee intake to no more than 6 cups a day because these may make constipation worse. Have a variety of other drinks instead.

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how much do you drink?

Use the fluid counter to add up how much you drink in a day.



Fruit/vegetable
juices



Sugar free fizzy
drinks/squashes



Water



Squashes/
fizzy drinks



Hot drinks e.g.
tea/coffee/soup



Other e.g.
smoothies

How many of these do you drink in a day?

Total =

Aim to drink 8-10 cups each day of a variety of fluids.

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when should you have extra drinks?

If you have increased your fibre intake remember fibre absorbs fluid so it's important you have plenty to drink.

Make sure you have enough fluid to drink in hot weather or if you have a fever. Coffee, tea and alcohol are dehydrating so remember to drink other fluids.

When you exercise remember to increase your fluid intake to replace water lost during sweating.



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