

LIFESTYLE MODIFICATIONS FOR MANAGING CONSTIPATION

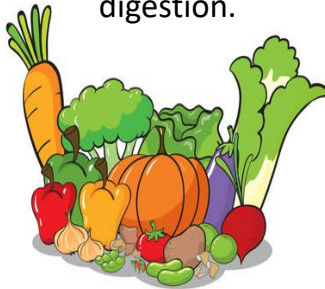
TOILET SCHEDULE

Try having a bowel movement in the morning, especially 90 min after breakfast.



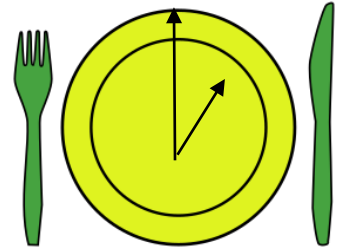
EAT MORE OF THESE FOODS

Fruits and vegetables are high in fiber and will aid digestion.



EAT MEALS AT THE SAME TIME EACH DAY

Eating at the same time will help restore bowel regularity.



EXERCISE

Get adequate exercise



DRINK MORE LIQUIDS

Aim for 6-8 glasses of liquids a day



WHOLE GRAINS AND CEREALS

Aim for 20-35 grams a day



PRUNES

Eat 4-5 dried prunes, twice daily



ADD PROBIOTICS

Foods like sauerkraut, yogurt, and kimchi have good bacteria that aid digestion.



LIMIT THESE FOODS

Processed, fast, fried and foods high in sugar may cause or worsen constipation



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CONSTIPATION IN PARKINSON'S DISEASE

Constipation is very common among patients with Parkinson's Disease. It varies from mild and bothersome to severe and troubling. Prevention and maintenance are key points in treating constipation and minimizing the discomfort of laxatives, enemas and impaction.

STAGE 1

Lifestyle modifications
See back of handout for more tips

STAGE 2

Used on a daily basis

Senna: start with one capsule daily and can go up to 4 capsules twice daily

STAGE 3

If senna alone is ineffective

Miralax (polyethylene glycol): one cap full (17g) in water daily; can increase to twice daily,
OR
Bisacodyl (dulcolax): one to two tablets at bedtime

STAGE 4

If senna + miralax or dulcolax are ineffective

Linactolide: start at a low dose and increase as needed
OR
Lubiprostone: start at a low dose and increase as needed

STAGE 5

More than three days with no bowel movement

Bisacodyl (dulcolax) suppository: typically effective within an hour
Enema: Can be effective if there is no impaction