## Important Facts About Constipation

### 1. Common Causes:
- Low Fiber Diet
- High Fat Diet
- Low Water Intake
- Not Enough Exercise

### 2. Common Solutions:
- **Drink Plenty of Water!**
  - At least 6-8 cups a day
- Eat Food High In Fiber:
  - Vegetables
  - Fruit
  - Oatmeal
  - Whole Wheat Pasta
  - Popcorn
  - Brown Rice
  - High-fiber Cereal
- Over-the-counter Remedies:
  - Prune Juice
  - Fiber Supplements
  - Milk of Magnesia

- Exercise Regularly
- Use The Bathroom Regularly

### 3. Call Your Doctor If:
- Constipation Persists With Little Or No Relief
- You Have Pain With Bowel Movements
- You Have Constant Stomach Pain
- You See Blood In Your Stool

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