ARE YOU SITTING COMFORTABLY?
DEALING WITH OPIOID-INDUCED CONSTIPATION

HOW TO EAT MORE FIBER—LET’S GET 25-34 GRAMS PER DAY*

EXAMPLES OF HIGH-FIBER FOODS

- 1 large apple or pear (5g)
- ½ cup raspberries (9g)
- 1 cup cooked broccoli (5g)
- 23 almonds (3.5g)
- 1 cup black beans (15g)
- 2 brazil nuts (2.5g)
- 1 cup peas (16g)

- Start your day off with a high-fiber breakfast such as whole grain oatmeal sprinkled with raisins, blueberries, pecans or macadamia nuts.
- Slice up raw veggies (carrots, celery, bell peppers) and fruit (apples, pears) and keep them in baggies for quick high-fiber snacks.
- Munch on a small handful of nuts, such as peanuts, walnuts, and almonds.
- Look for individually wrapped prunes in the grocery store for a quick fiber snack.
- When buying frozen veggies, look for ones that have been “flash frozen.”
- Add half a cup of garbanzo or black beans or peas to your salad to add fiber, texture, and flavor.
- Increase fiber slowly over 2-3 weeks to 25-34 grams of fiber per day
- Increase fluid intake at the same time


Try this home remedy for constipation that is filled with fiber and sweetness

**Anti-Constipation Fruit Paste**

Recipe source: https://recipes.sparkpeople.com/recipe-detail.asp?recipe=1894600

**Ingredients**
- 1 cup pitted prunes
- 1 cup raisins
- 1 cup pitted dates
- 1/2 cup orange juice
- 2/3 cup prune juice

**Tip**
For even more fiber add 1 cup of natural wheat bran to the fruit mixture.

**Directions**
(Makes 25 servings)
Combine all ingredients in a bowl and soak overnight in the refrigerator

Blend in blender or food processor until smooth
Keep in the refrigerator (can be kept frozen in small containers)
Serving size: 2 tablespoons

**Serving Suggestion**
Spread it on toast or eat from a spoon
**Bowel Diary**

Fill in this diary every day, for 7 days. Use with Bowel Movement Description Chart below.

<table>
<thead>
<tr>
<th>Date/Time of Bowel Movement</th>
<th>Bowel Movement Description (Use chart below)</th>
<th>Did you strain to pass stool?</th>
<th>Fluid intake (all fluids taken in last 24 hours)</th>
<th>Physical Activity</th>
<th>Laxatives, fiber supplements (what and when taken)</th>
<th>Feel my bowel emptied fully (Yes or No)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td></td>
<td>Y N</td>
<td></td>
<td></td>
<td></td>
<td>Y N</td>
</tr>
<tr>
<td>2.</td>
<td></td>
<td>Y N</td>
<td></td>
<td></td>
<td></td>
<td>Y N</td>
</tr>
<tr>
<td>3.</td>
<td></td>
<td>Y N</td>
<td></td>
<td></td>
<td></td>
<td>Y N</td>
</tr>
<tr>
<td>4.</td>
<td></td>
<td>Y N</td>
<td></td>
<td></td>
<td></td>
<td>Y N</td>
</tr>
<tr>
<td>5.</td>
<td></td>
<td>Y N</td>
<td></td>
<td></td>
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<td>Y N</td>
</tr>
<tr>
<td>6.</td>
<td></td>
<td>Y N</td>
<td></td>
<td></td>
<td></td>
<td>Y N</td>
</tr>
<tr>
<td>7.</td>
<td></td>
<td>Y N</td>
<td></td>
<td></td>
<td></td>
<td>Y N</td>
</tr>
</tbody>
</table>

**Bowel Movement Description**

<table>
<thead>
<tr>
<th>Constipation</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>Small hard pellets, difficult to have bowel movement</td>
</tr>
<tr>
<td>B</td>
<td>Hard stool with lumps and cracks</td>
</tr>
<tr>
<td>C</td>
<td>Formed and soft; easy to have a bowel movement with no pain</td>
</tr>
<tr>
<td>D</td>
<td>Loose or watery bowel movement (mushy)</td>
</tr>
<tr>
<td>E</td>
<td>Liquid stool</td>
</tr>
</tbody>
</table>

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This counseling tool has been developed by the American Association of Nurse Practitioners.