

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) | • 23 almonds (3.5g) | • 2 brazil nuts (2.5g) |
| • 1 cup Raisin Bran (5g) | • 1 cup cooked broccoli (5g) | • 1 cup black beans (15g) | • 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

*https://health.gov/dietaryguidelines/2015/resources/2015-2020_Dietary_Guidelines.pdf

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

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Bowel Diary

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

Date/Time of Bowel Movement	Bowel Movement Description (Use chart below)	Did you strain to pass stool?	Fluid intake (all fluids taken in last 24 hours) ☒ 1 glass = 8 ounces	Physical Activity	Laxatives, fiber supplements (what and when taken)	Feel my bowel emptied fully (Yes or No)
1.		Y N	☒ ☒ ☒ ☒ ☒ ☒ ☒ ☒			Y N
2.		Y N	☒ ☒ ☒ ☒ ☒ ☒ ☒ ☒			Y N
3.		Y N	☒ ☒ ☒ ☒ ☒ ☒ ☒ ☒			Y N
4.		Y N	☒ ☒ ☒ ☒ ☒ ☒ ☒ ☒			Y N
5.		Y N	☒ ☒ ☒ ☒ ☒ ☒ ☒ ☒			Y N
6.		Y N	☒ ☒ ☒ ☒ ☒ ☒ ☒ ☒			Y N
7.		Y N	☒ ☒ ☒ ☒ ☒ ☒ ☒ ☒			Y N

Bowel Movement Description

<p>Constipation</p> <p>↑</p> <p>Normal</p> <p>↓</p> <p>Diarrhea</p>	A	Small hard pellets, difficult to have bowel movement
	B	Hard stool with lumps and cracks
	C	Formed and soft; easy to have a bowel movement with no pain
	D	Loose or watery bowel movement (mushy)
	E	Liquid stool