



HEALTHY BOWELS

ARE YOU HAVING NORMAL MOVEMENTS?

30%

APPROXIMATELY 11 MILLION CANADIANS SUFFER FROM CHRONIC CONSTIPATION

defined as fewer than 3 bowel movements /week that are not soft and easy to pass (Gastrointestinal Society, 2019)

10%

APPROXIMATELY 3.5 MILLION CANADIANS SUFFER FROM FECAL INCONTINENCE

(Canadian Continence.ca)

Bristol Stool Chart	
Type 1	Separate hard lumps, like nuts (hard to pass)
Type 2	Sausage-shaped but lumpy
Type 3	Like a sausage but with cracks on its surface
Type 4	Like a sausage or snake, smooth and soft
Type 5	Soft blobs with clear-cut edges (passed easily)
Type 6	Fluffy pieces with ragged edges, a mushy stool
Type 7	Watery, no solid pieces. Entirely Liquid



IDEAL STOOL CONSISTENCY IS TYPE 3 OR 4

ACHIEVING A SQUAT POSITION CAN HELP FULLY EMPTY THE BOWELS

Image Source : SquattyPotty.com

WHAT CAN HELP

- Appropriate water intake (~1.5-2L/day)
- Appropriate fiber intake (25-30g/day)
- Moving (30+ mins of exercise/day)
- Pelvic Floor Muscle training
- Implementing proper bowel habits and posture

Time To Seek Help If:

You are pooping less often than you feel is normal

You leak fecal matter

You have ongoing hemorrhoids or fissures

You don't feel like you fully empty your bowels

It takes more than 10 minutes to have a bowel movement

You often strain to pass your bowels

There is pain with bowel movements

You often have to splint or assist to empty bowels completely

You are avoiding activities, or interactions because of bowel concerns

You only have bowel movements when using laxatives



Find a Physio:

<https://www.womenshealthcpa.com/find-a-physio>