

Preventing Constipation



The Geriatric Medicine service provides inpatient and outpatient specialist care to older persons aged 75 years and above. Specialist assessment and individualised holistic management are offered to elderly with bladder and bowel-control problems, memory, mood and behavioural problems and multiple falls or difficulty walking. Patients are cared for by a multi-disciplinary team comprising doctors, nurses, physiotherapists, occupational therapists, speech therapists, dietitians, pharmacists, podiatrists and medical social workers, where necessary.

What is constipation?

Constipation is a symptom and not a diagnosis. It means different things to different people and is defined as unsatisfactory defecation due to infrequent stools, difficult stool passage (with straining or discomfort), or incomplete defecation. People with constipation often complain of stools that are dry and hard, or abnormally large or small. It is important to know your normal bowel habits and understand that it is not necessary to move your bowels every day.

Ways to prevent constipation

- Drink at least 1.5 litres of water a day unless otherwise advised by your doctor
- Avoid beverages that contain caffeine (e.g. tea, coffee, chocolate and soft drinks)
- Increase your daily dietary fibre intake and include food like:
 - Fresh fruits and raisins
 - Wholegrain breads and cereals. Wholegrain bread contains 8% to 10% dietary fibre
 - Raw vegetables, especially green leafy ones, and fresh fruits with skins (e.g. apples)
 - Vegetables, as they contain cellulose, hemicellulose and lignin
- Exercise daily with plenty of walking as you can
- Practice a regular toileting regime:
 - Go to the toilet at the same time every day (preferably 15 to 30 minutes after a meal)



- Drink a glass of warm water to move your bowels
- If you still have not moved your bowels by the third day, take 2 tablets of Senna before going to bed at night. If there are still no results by the fourth day, insert the prescribed suppository into the anus and return to the toilet when there is an urge. It usually works within 30 minutes
- Seek medical help if any unexpected problem arises

Notes:

For more information

Ng Teng Fong General Hospital and Jurong Community Hospital

1 Jurong East St 21, Singapore 609606

www.ntfgh.com.sg | www.jch.com.sg

Clinic opening hours

Monday – Friday: 8.30am – 5.30pm

Saturday: 8.30am – 12.30pm (Selected clinics only*)

Dental Clinic: Monday – Thursday: 8.00am – 5.30pm, Friday: 8.00am – 5.00pm

*Please refer to our websites for more details.

General enquiries & appointments

General enquiries line: 6908 2222 (24-hr)

Fax: 6716 5500 | Email: contactus@nuhs.edu.sg

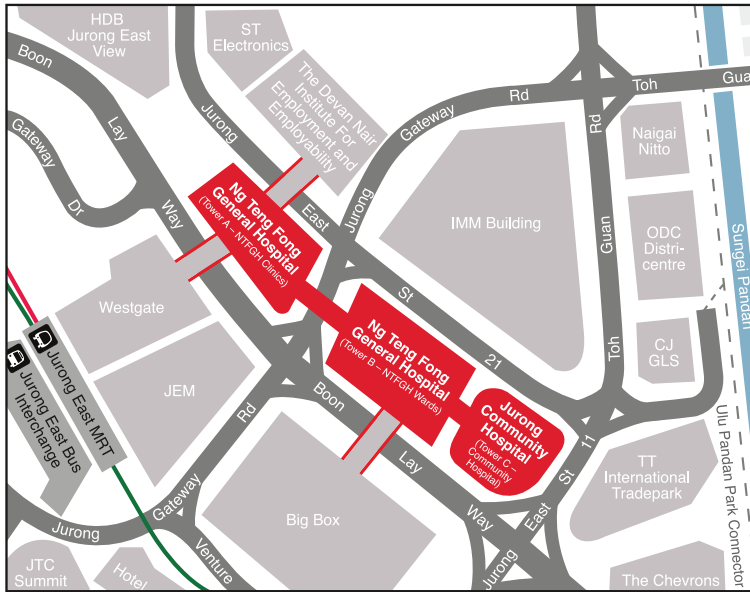
Appointment line: 6908 2222 (Monday – Friday: 8.00am – 5.30pm, Saturday: 8.00am – 12.30pm)

Fax: 6716 2200 | Email: appointment@nuhs.edu.sg

Dental appointment line: 6716 2233 (Monday – Friday: 8.00am – 5.30pm)

Fax: 6716 2200 | Email: JHCampus_Dental@nuhs.edu.sg

Getting there



By train

Alight at Jurong East MRT Station

By bus

Jurong East Bus Interchange

41, 49, 51, 52, 66, 66B, 78, 78A, 79, 79A, 97, 97E, 98, 98M, 105, 143, 143M, 160, 160A, 160M, 183, 183B, 197, 333, 334, 335, 506

Along Boon Lay Way

49, 99, 333, Private bus service 625, 990

Disclaimer:

The information in this brochure is meant for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment or if you have any questions related to your health, physical fitness or medical condition. Information is accurate at the time of printing.