

Regular Bowel Movements...



It's Important to Your Health!

1. **Making sure that you have a soft and log-formed bowel movement on a regular basis is important.**
2. **There are several things that you can do to help stay regular:**
 - Drink plenty of fluids to keep your stool soft.
 - Eat foods high in fiber like fruits and vegetables. They are natural stool softeners.
 - Bran cereals, brown rice, barley, whole wheat, oatmeal, prunes and prune juice, stone-ground corn, wheat germs, fruits and vegetables.
 - Stay active. Physical activity helps stool to move through the body.
 - Take on the responsibility for ensuring that your bowel movements are soft, formed, and occur on a regular basis. This includes knowing what to do when you become constipated.
3. **You might be constipated if your stools become hard, small, and ball-shaped. Tell your parent it might be time to call your health care provider for information on how you can get back to normal if it has been more than 2-3 days since your last bowel movement.**
 - Every person is different. What may work for one person may not be best for another.

We're here to help. To learn more about UIC-Specialized Care for Children's programs and services, check out our website at:

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