

RECOMMENDATIONS FOR PATIENTS WITH CONSTIPATION

Dear patient,

In order to ensure a reliable result, please follow the recommendations below:

Increase fiber and fluids in your daily diet as follows:

1. Consume whole fruits or fruit juice without straining, minimum 3 times a day.
2. Prefer these fruits:
 - Papaya
 - Sweet granadilla
 - Pitahaya
 - Tangerine
 - Pineapple
 - Ripe mango
 - Prunes
 - Orange
 - Grapes
 - Tamarind
3. Prefer whole-grain food, such as arepa and whole-grain bread, cookies, toasts and rice, among others.
4. Consume legumes such as lentils, red beans, chickpeas and soy 3 times a week or according to tolerance.
5. Include all kinds of vegetables in your salads (raw and/or cooked) at lunch and dinner every day.
6. If the above measures do not manage to normalize your intestinal function, consume 1 to 3 level tablespoons of ground flaxseed or wheat bran daily in your juice. Start your intake gradually to avoid side effects, such as flatulence, diarrhea or bowel sounds. Effects are achieved with continued use, do not interrupt it.
7. Remember to chew all food well.
8. During the day, ensure an additional liquids intake in your diet, by drinking water, natural juice or herbal infusions.

Remember that according to Law 100/1993, it is the patients' DUTY to take self-care measures and adhere to their Treating Physician recommendations..