



GASHER | NeuroBridge

Your bridge to safe rehabilitation at home

Neurological Rehabilitation Department – Dorot
Dorot Geriatric Medical Center

PREVENTING CONSTIPATION



AFTER DISCHARGE FROM REHABILITATION

Practical tips – Proper nutrition – Adequate fluid intake – Daily activity



Prevents complications
such as pain, bloating,
fecal impaction and
straining



Supports healthy
bowel function
and regular
emptying



Improves independence
and overall
quality of life



Promotes a sense
of well-being
and comfort
at home

STEPS TO PREVENT CONSTIPATION

Use medications when needed

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- Use laxatives as recommended by your doctor.
- Do not use laxatives for long periods without medical advice.
- Overuse can lead to dependence and other problems.

Manage stress well

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- Set time to relax and rest.
- Practice deep breathing and relaxation.
- Stress and anxiety can affect bowel activity.

Go to the toilet at a regular time

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- Try to go to the toilet at the same time every day, preferably after breakfast.
- Do not delay the urge to go when you feel the need.

Be physically active

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- Walking and daily movement stimulate bowel activity.
- Physical activity also improves mood and helps relieve stress.

Eat fiber-rich foods

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- Eat plenty of fruits, vegetables, whole grains, legumes and nuts.
- Fiber helps improve bowel movement and soften stool.

Drink enough fluids

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- Drink enough water throughout the day, even if you don't feel thirsty.
- Aim for 6–8 glasses (1.5–2 liters) of water daily.

ADDITIONAL HELPFUL HABITS



Proper posture

Sit with your feet supported (use a small stool if needed).



Healthy natural foods

Include foods rich in fiber, healthy fats and probiotics.



Probiotics

Yogurt, kefir and other probiotic foods may support bowel health.



Good sleep

Adequate sleep helps maintain hormonal balance and overall bowel function.

Routine and monitoring

Establish regular habits for meals, fluids and toilet times.



Listen to your body

Respond to changes in diet, medications or activity and consult your doctor if problems persist.

WHEN TO SEE A DOCTOR?



- Severe or persistent abdominal pain
- Constipation lasting more than a few days
- No bowel movement for more than 3 days
- Blood in the stool or on toilet paper
- Unexplained weight loss
- Nausea, vomiting or loss of appetite
- Bloating that does not improve

Do not use laxatives for long periods without medical advice.

FOODS THAT PROMOTE BOWEL MOVEMENT



Prunes

2–3 prunes daily can be very effective.



Kiwi

Rich in fiber and natural enzymes.



Olive oil

A teaspoon of olive oil on an empty stomach can help stimulate bowels.



Whole grains

Brown rice, oats and whole grain products with fiber.



Daily activity is part of recovery.

Proper nutrition – adequate fluids – good rest – daily activity.



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We're here for you!

