

Let's Talk About CONSTIPATION

(we know sometimes it's not easy...)



HOW DO I KNOW I HAVE CONSTIPATION?

POTENTIAL CAUSES



MEDICATIONS



SUPPLEMENTS



POOR DIET



DEHYDRATION

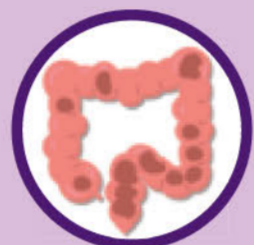


LACK OF SLEEP

SYMPTOMS



GAS / BLOATING



IRREGULAR BOWEL MOVEMENTS



STRAINING



LACK OF ENERGY



IRRITABILITY

WHAT IS YOUR STOOL TYPE?



The Bristol Stool Scale was created by Lewis SJ, Heaton KW. *Scand J Gastroenterol.* 1997.

WHAT CAN I DO FOR OCCASIONAL CONSTIPATION?



INCREASE YOUR DAILY FLUID INTAKE TO STAY HYDRATED



GET A GOOD NIGHT'S SLEEP



EXERCISE AND STAY ACTIVE



MAINTAIN A WELL-BALANCED DIET



ADD A FIBER SUPPLEMENT TO YOUR DAILY ROUTINE



MANAGE YOUR STRESS LEVELS



TAKE A GENTLE LAXATIVE*

TALK TO YOUR DOCTOR ABOUT THE BENEFITS OF MIRALAX®

MiraLAX
Polyethylene Glycol 3350, Powder for Solution, Osmotic Laxative



*For occasional constipation, use as directed.

For more information and offers, visit Miralax.com

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