

Soundbite Script – Bathroom blues

Breanne Gendron, nurse practitioner, OSF HealthCare

"Constipation is usually defined by discomfort in their abdomen because they haven't been going to the bathroom and having bowel movements as often as they should," she says. "Some people have bowel movements every day. Some people have bowel movements every third day, and that's their normal." (:14)

Breanne Gendron, nurse practitioner, OSF HealthCare

"The most common cause of constipation is dehydration, lack of activity and not enough fiber in your diet. It's easy to add fiber powder to your coffee in the morning. But when you have fiber without hydration that can cause issues; so, it's about making sure that you're getting 40 to 60 ounces of water every day." (:27)

Breanne Gendron, nurse practitioner, OSF HealthCare

"I can say 30 to 40% of people over the age of 65 have constipation issues. So, it is a common thing that older people deal with. As we age, we have to have a plan. That means getting more active, drinking more water, eating fiber or adding a fiber supplement to their life." (:20)

Breanne Gendron, nurse practitioner, OSF HealthCare

"I usually recommend some combination of over-the-counter options. MiraLAX® is safe because it's not absorbed systemically. It just pulls fluid into your bowels and helps things move along." (:10)