



The Center for Women

Obstetrics & Gynecology

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BOWEL RECIPE & BOWEL FUNCTION FACTS

Normal Bowel Function: Is one to two formed and easily passed bowel movements per day without effort. Achieving normal bowel habits involves increasing dietary fiber to about 20 to 25 grams per day. The average person consumes only 10 to 15 grams of fiber daily.

Constipation: Is a decrease in a person's normal bowel movement frequency accompanied by difficulty or incomplete passage of stool and/or exceedingly hard and dry stool. Usually caused by a lack of adequate fiber in the diet and/or not drinking at least 8 glasses of 8 ounces of water daily. (4 pints or 2 quarts or ½ gallon).

Fecal Incontinence: Is the loss of normal control of the bowels, often caused by the lack of adequate dietary fiber.

Bowel Recipe:

1 cup unprocessed wheat bran or may use 1 cup of Uncle Sam cereal

1 cup applesauce, unsweetened

¾ cup prune juice (may substitute with apricot or plum juice)

Mix all the ingredients; the mixture will have a consistency of dough, and then store in a covered glass jar in the refrigerator. (The wheat bran is sold in the cereal section in supermarkets.)

Start by taking 2 Tablespoons of the mixture everyday followed by 8 ounces of water. If this amount is not sufficient to have a well formed and soft stool you may increase starting the second week to 4 Tablespoons every day; if it is still not enough you may take 6 Tablespoons every day starting the third week and up to a maximum total of 8 Tablespoons every day starting on the fourth week.

Take this mixture every day to maintain normal bowel movements.


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EFFECTS OF FOOD ON THE GASTROINTESTINAL TRACT

Foods that thicken stool	Foods that stimulate stool production
Applesauce Bananas Boiled milk Bread Cheese Creamy peanut butter Grits or coarse hominy Oat bran Oatmeal Pasta Potatoes Pretzels Rice Tapioca Yogurt	Alcohol Broccoli Cabbage Chocolate Dried beans Fried foods Grape juice Greasy foods Highly spiced foods Lettuce Prune juice Raw fruits Raw vegetables Seasoned foods Spinach String beans Sweet foods and sweet beverages Wheat bran
Foods that color stool	
Beets Red jell-o	