



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 $\frac{1}{2}$ 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

$\frac{3}{4}$ 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 | Alcohol |
| Bananas | Broccoli |
| Boiled milk | Cabbage |
| Bread | Chocolate |
| Cheese | Dried beans |
| Creamy peanut butter | Fried foods |
| Grits or coarse hominy | Grape juice |
| Oat bran | Greasy foods |
| Oatmeal | Highly spiced foods |
| Pasta | Lettuce |
| Potatoes | Prune juice |
| Pretzels | Raw fruits |
| Rice | Raw vegetables |
| Tapioca | Seasoned foods |
| Yogurt | Spinach |
| | String beans |
| | Sweet foods and sweet beverages |
| | Wheat bran |
| Foods that color stool | |
| Beets | |
| Red jell-o | |