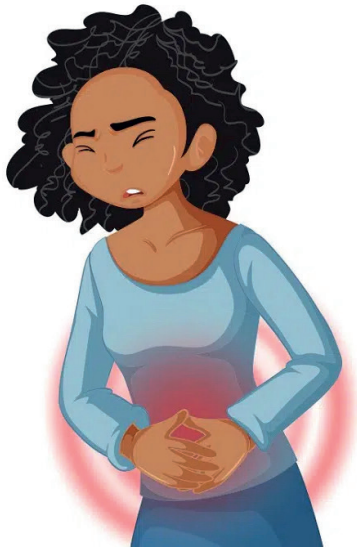


CONSTIPATION



WHAT IS CONSTIPATION?

- Constipation is when you defecate or pass stool less than 3 times per week, or it feels like you did not get all of the stool out.⁷
- Many people believe that it is unhealthy to not have a bowel movement every day, which is incorrect as everyone is different.
- If your bowel habits change from what you usually experience, you could be constipated.^{24,25}

CAUSES OF CONSTIPATION



Not **drinking** enough **fluids**.



Not eating healthy with enough **fibre** every day (fruit, vegetables, grains).



Changes in lifestyle like eating **different foods** or at **different times**, like when you are **travelling**.



Being **less mobile** and not getting **enough exercise** or especially in the **elderly**.



Not going to the toilet when you feel the **urge to defecate**, or **rushing** and not giving enough time on the toilet.



Some **medical conditions**.



Certain **medicines**.

SIGNS AND SYMPTOMS OF CONSTIPATION

When you are constipated, you may experience the following:⁷

- Stools that are **small hard lumps**, like nuts, which are difficult to pass
- You have to **strain** to pass stool
- **Push and assist** the stool out



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HEALTHY TIPS WHEN YOU ARE CONSTIPATED

- Eat foods with **more fibre**, like cereals, fruits, beans and wheat bran.
- **Go to the toilet** as soon as you feel that you **need to pass stool**. Do not wait
- Drink at least **2L of water every day**.
- **Take your time** when going to the toilet, **do not rush** or tense up.
- **Sit correctly** on the toilet
- **Do more exercise**, like taking a walk for 30 minutes a day.

TREATMENT OF CONSTIPATION

If you have tried the healthy tips for a few days, and you are still struggling with constipation, you can **buy medicine** from the pharmacy called **laxatives** that **softens the stool** and helps you to pass it more easily.

Ask for a **product that works quickly and effectively**, so you can continue with your normal lifestyle. These should **not be used regularly** or for long periods, as your body becomes dependent on them. If you have to **use laxatives often** rather consult your clinic or doctor.

Different types of Laxatives

ORAL

Tablets, granules & liquid forms



RECTAL/LOCAL

Suppositories & enemas



These options are mostly available as either oral or rectal treatment formats. To make sure you choose the laxative best suited to you or your family, ask your healthcare professional about how the product is used, how quickly it works and any side effects that can be expected.⁸

Microlax Microenema – for fast and gentle relief from occasional

Microlax Microenema is a convenient microenema which works locally in the bowel to soften stool, and provides quick and effective relief of occasional constipation within 5 – 15 minutes⁹

To learn more about the benefits of Microlax Microenema and how it works, follow this link for a quick introduction to the product <https://www.youtube.com/watch?v=wP51ALs8j9c>

MICROLAX MICROENEMA

- Contains a small volume of solution (only 5 ml) that is administered rectally for either adults, children or even babies
- Is fitted with a thin, flexible cannula for minimally invasive administration
- Works by drawing water into the faecal mass, binding to the surface of the stool in order for the water to penetrate

the hard stool and soften it to be passed gently and comfortably.

- The solution provides local action, with little absorption into the body.
- The product is generally very well tolerated.^{9,10}

Microlax can be used by people of all ages, even babies*. Its small volume offers a discreet, on-the-go option to be carried with you for whenever and where-ever you need it.



Microlax Microenema

- Suitable for all ages*
- Works within 5 – 15 minutes
- Predictable and effective relief
- Small dose – only 5 ml liquid
- Discreet and easy to use

*when used as recommended; for instruction for use, and use in children under 3 years, see package insert for details.

©MICROLAX® Microenema. Each 1 ml contains: Sodium Citrate 90,0 mg; Sodium Lauryl Sulphacetate 70 % 12,9 mg; Sorbitol solution 893,0 mg.

Ref.No.: E911 (Act 101/1965).

Please note: this is an education information leaflet only and should not be used for diagnosis. For more information on Constipation, consult your healthcare professional.

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