Orientation Enemy #3-CONSTIPATION
It happens a lot during orientation and is no fun

**Constipation:** Difficulty & painful going to the bathroom with bowel movements (going number two, pooping), passing hard stools, having to strain very hard

lead to abdominal pain, feeling bloated, cramps and decreased appetite. Straining may cause hemorrhoids, rectal pain or mild bleeding.

**DEFENSES:**

1. Try to get used to going at the end of day (best time during orientation)
2. Don’t be embarrassed to have a bowel movement – ok to let your squad leader know
   Remember: “Everybody poops!” Take time to fully empty your bowels.
3. Eat fiber, fruits and vegetables at meal times
4. Drink lots of water
5. Do NOT go longer than 3 days without having a bowel movement

**WHAT TO DO IF YOU BECOME CONSTIPATED**

1. Drink more water and eat more fruits and vegetables
2. Eat prunes and bran cereal (in mess deck during orientation)
3. Try drinking warm liquids, especially in the morning
4. Just sit on the toilet at the same time every day
5. Try a stool softener like: Colace, Miralax, or fiber pills – you can bring these with you to Orientation.
6. Come to HEALTH SERVICES if none of the above wok