

## Preventing and Managing Constipation in Chronic Kidney Disease (Not for Dialysis Patients)

### Best choices for high-fibre foods

No dietary restrictions:	If you have high potassium:	If you have high phosphorus:
<b>Fruit</b> <ul style="list-style-type: none"> <li>• Pear with skin</li> <li>• Dates</li> <li>• Figs</li> <li>• Berries (blackberries, strawberries, blueberries)</li> <li>• Apricot (dried or canned)</li> <li>• Prunes</li> </ul>	<b>Fruit</b> <ul style="list-style-type: none"> <li>• Apple with skin</li> <li>• Prunes (no more than 3 per day)</li> <li>• Cherries (no more than 10 per day)</li> </ul>	<b>Fruit</b> <ul style="list-style-type: none"> <li>• Pear with skin</li> <li>• Dates</li> <li>• Figs</li> <li>• Berries (blackberries, strawberries, blueberries), 1 cup</li> <li>• Apricot (dried or canned)</li> </ul>
<b>Vegetables &amp; pulses</b> <ul style="list-style-type: none"> <li>• Baked potato with skin</li> <li>• Black-eyed peas, navy beans</li> <li>• Kidney beans</li> <li>• Lentils</li> </ul>	<b>Vegetables &amp; pulses</b> <ul style="list-style-type: none"> <li>• Asparagus</li> <li>• Carrots</li> <li>• Cabbage, cooked</li> <li>• Cauliflower</li> </ul>	<b>Vegetables &amp; pulses</b> <ul style="list-style-type: none"> <li>• Baked potato with skin</li> <li>• Carrots</li> <li>• Cabbage, cooked</li> <li>• Cauliflower</li> </ul>
<b>Grains &amp; cereals</b> <ul style="list-style-type: none"> <li>• 100% whole wheat bran bread</li> <li>• Cracked wheat bread</li> <li>• Brown rice</li> <li>• Bulgur</li> <li>• Quaker® Corn Bran Squares™ cereal</li> <li>• All Bran Original cereal</li> <li>• All Bran Buds cereal</li> <li>• Fibre One™ cereal</li> </ul>	<b>Grains &amp; cereals</b> <ul style="list-style-type: none"> <li>• Popcorn (2 cups popped)</li> <li>• Cream of Wheat® (⅔ cup cooked)</li> <li>• Oatmeal (½ cup cooked)</li> <li>• Bran cereal (3 Tbsp, sprinkled on other cereal)</li> </ul>	<b>Grains &amp; cereals</b> <ul style="list-style-type: none"> <li>• Popcorn (2 cups popped)</li> <li>• Cream of Wheat® (⅔ cup cooked)</li> <li>• Oatmeal (½ cup cooked)</li> <li>• Bran cereal (3 Tbsp, sprinkled on other cereal)</li> </ul>












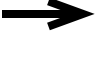


**Recommended fibre supplements:** Metamucil® or Benefibre® plain powder – Start at the smallest dose. Follow label directions for how much water to drink and for gradually increasing fibre.

### Stool softeners and laxatives:

- Docusate sodium (stool softener) – Take 1 capsule in the morning and 1 capsule in the evening, as needed.
- Senokot® (laxative) – Take 1-2 pills in the morning and 1-2 pills in the evening, as needed. Take along with docusate sodium.
- Lactulose (laxative) – Take 1-2 ounces in the morning and 1-2 ounces in the evening, as needed. Take along with docusate sodium.
- Do not take fibre supplements, stool softeners, or laxatives if you have stomach pain, nausea (feeling sick to your stomach), or vomiting (throwing up).
- Only specific bowel preparations are recommended with kidney disease, such as PegLyte®.
- Avoid Pico-Salax®, Fleet® enemas, and other preparations.

**Questions? Contact your family health care provider or the Kidney Health Clinic.**

# Bristol Stool Chart

<p><b>Type 1</b></p>  <p>Separate hard lumps, like nuts (hard to pass)</p>		<p>Types 1 and 2 are both <b>constipated</b> types of stools.</p> <ul style="list-style-type: none"> <li>• This may be due to low fibre in the diet and drinking less liquid. The stools have spent a lot of time in the colon where their fluids get reabsorbed, making them hard and round like small nuts.</li> <li>• Types 1 and 2 may take more time to pass — there may be many days between bowel movements.</li> </ul>
<p><b>Type 2</b></p>  <p>Sausage-shaped, but lumpy</p>		<p>Types 3 and 4 are the <b>ideal</b> type of stools.</p> <ul style="list-style-type: none"> <li>• They are usually signs that the diet and liquid intake are good and the gastrointestinal (GI) tract is working the way it should.</li> <li>• Stools are passed regularly and easily, usually every day.</li> </ul>
<p><b>Type 3</b></p>  <p>Like a sausage, but with cracks on the surface</p>		<p>Types 5, 6, and 7 are kinds of <b>diarrhea</b>.</p> <ul style="list-style-type: none"> <li>• They may happen because of stomach upset, an infection, or another condition, or taking too many stool softener or laxative doses.</li> <li>• You may need to go to the bathroom often or suddenly. If stools are still soft or runny after a stomach upset should have gotten better, or after stopping or taking less stool softeners or laxatives, call your family health care provider, or the Kidney Health Clinic.</li> </ul>
<p><b>Type 4</b></p>  <p>Like a sausage or snake, smooth and soft</p>		<p>Types 5, 6, and 7 are kinds of <b>diarrhea</b>.</p> <ul style="list-style-type: none"> <li>• They may happen because of stomach upset, an infection, or another condition, or taking too many stool softener or laxative doses.</li> <li>• You may need to go to the bathroom often or suddenly. If stools are still soft or runny after a stomach upset should have gotten better, or after stopping or taking less stool softeners or laxatives, call your family health care provider, or the Kidney Health Clinic.</li> </ul>
<p><b>Type 5</b></p>  <p>Soft blobs with clear-cut edges (passed easily)</p>		<p>Types 5, 6, and 7 are kinds of <b>diarrhea</b>.</p> <ul style="list-style-type: none"> <li>• They may happen because of stomach upset, an infection, or another condition, or taking too many stool softener or laxative doses.</li> <li>• You may need to go to the bathroom often or suddenly. If stools are still soft or runny after a stomach upset should have gotten better, or after stopping or taking less stool softeners or laxatives, call your family health care provider, or the Kidney Health Clinic.</li> </ul>
<p><b>Type 6</b></p>  <p>Fluffy pieces with ragged edges, a mushy stool</p>		<p>Types 5, 6, and 7 are kinds of <b>diarrhea</b>.</p> <ul style="list-style-type: none"> <li>• They may happen because of stomach upset, an infection, or another condition, or taking too many stool softener or laxative doses.</li> <li>• You may need to go to the bathroom often or suddenly. If stools are still soft or runny after a stomach upset should have gotten better, or after stopping or taking less stool softeners or laxatives, call your family health care provider, or the Kidney Health Clinic.</li> </ul>
<p><b>Type 7</b></p>  <p>Watery, no solid pieces. Entirely liquid</p>		<p>Types 5, 6, and 7 are kinds of <b>diarrhea</b>.</p> <ul style="list-style-type: none"> <li>• They may happen because of stomach upset, an infection, or another condition, or taking too many stool softener or laxative doses.</li> <li>• You may need to go to the bathroom often or suddenly. If stools are still soft or runny after a stomach upset should have gotten better, or after stopping or taking less stool softeners or laxatives, call your family health care provider, or the Kidney Health Clinic.</li> </ul>

\*Bristol Stool Chart used with permission of Dr. Dan Heaton, University of Bristol, 1997.

**Kidney Health Services, Wellness Center Yarmouth Regional Hospital**  
 60 Vancouver Street  
 Yarmouth NS B4A 2P5  
 Phone: 902-742-3542, ext. 1460

Prepared by: Kidney Health Services, Yarmouth Regional Hospital  
 Designed by: NSHA Library Services