

# Here's what you need to know about constipation.

## What is constipation?

According to the Canadian Digestive Health Foundation, constipation means infrequent or difficult bowel movements. It often occurs when digested food moves too slowly through the digestive tract.

### Symptoms of constipation

- Abdominal discomfort
- A sense that something is blocked in your rectum
- Excessive straining during bowel movements
- Lower frequency of bowel movements (compared to your normal)
- Change in type of stool

Based on website of Canadian Digestive Health Foundation (cdhf.ca)

## Defining normal bowel movements

This depends on the individual. Normal can range from a bowel movement 3 times a day to 3 times a week. The stool is soft and formed, and passes without straining. It is important to know what is normal for you, so you can recognize when you are experiencing constipation.

## Constipation is very common

An estimated from constipation.



RestoralAX is certified by Canadian Digestive Health Foundation.

## What should I look for?

### Know your stool type.

-  Separate, hard lumps, like nuts (*hard to pass*)
-  Sausage-shaped, but lumpy
-  Like a sausage but with cracks on the surface
-  Like a sausage or snake, smooth and soft
-  Soft blobs with clear-cut edges (*passes easily*)
-  Fluffy pieces with ragged edges, a mushy stool
-  Watery, no solid pieces. Entirely liquid

Types 1-2 indicate constipation

Types 3-4 are ideal

Types 5-7 indicate diarrhea

## Why I am experiencing constipation?

### Causes can vary

-  **Medications**
  - Anti-depressants
  - Anticonvulsants
  - Antihypertensive drugs
  - Opioids
  - Antacids
-  **Supplements**
  - Iron
-  **Diet/Dehydration**


A diet low in...

  - Fruits and vegetables
  - Fibre-containing plant foods
  - Adequate fluid intake
-  **Lifestyle and other factors**
  - Travel
  - Stress
  - Lack of sleep
  - Ignoring the urge to go
  - Certain medical conditions





The Bristol Stool scale was created by Lewis SJ, Heaton KW

## What can I do for occasional constipation?

### Make simple lifestyle changes

-  **Maintain a well-balanced diet**

Include good sources of fibre

  - Oatmeal
  - Apples
  - Oranges
  - Berries
  - Beans
  - Almonds
  - Broccoli
-  **Drink hydrating fluids throughout the day**
-  **Exercise and stay active**
  - Set aside time for daily activity
-  **Get a good night's sleep**
-  **Establish a routine**
  - Go to the bathroom at the same time every day

From the RestoralAX Daily Gut

A delicious prebiotic fiber that helps support a healthy digestive system and regularity.

! If you experience

! Ask your doctor

RestoraLAX®  
Why?

keeps the water  
in your stool to  
soften your natural  
bowel coating, cramping



RestoraLAX hydrates and softens stools. This allows bowel movements to occur more normally.



Talk to your doctor about the gentle and effective relief you can have with RestoraLAX.



Taste-free and grit-free powder that dissolves in ANY everyday, non-alcoholic beverages.

**RestoraLAX**  
Polyethylene Glycol 3350 Powder for Oral Solution  
Polyéthylène glycol 3350, poudre pour solution orale

TRIAL SIZE – NOT FOR RESALE  
FORMAT D'ESSAI, VENTE INTERDITE

DIN 02318164

NO TASTE  
NO GRIT  
SANS GOÛT  
NI GRUMEAU

1 DOSE OF 17 g  
1 DOSE DE 17 g

Drug Facts / Info-médicament	
<b>Active ingredient (w/w)</b> 100% Polyethylene Glycol 3350	<b>Purpose</b> Laxative
<b>Ingredient actif (p/p)</b> 100 % de polyéthylène glycol 3350	<b>Utilité</b> Laxatif
<b>Uses</b> •relieves occasional constipation and irregularity •generally produces a bowel movement in 1 to 3 days	
<b>Usages</b> •Soulage la constipation occasionnelle et l'irrégularité. •Entraîne généralement un mouvement intestinal en 1 à 3 jours.	
<b>Warnings</b> Allergy alert Do not use if you are allergic to polyethylene glycol.	
<b>Do not use</b> •if you have known or suspected bowel obstruction •if you have kidney disease, except under the advice and supervision of a doctor	
<b>Ask a doctor or pharmacist before use if you</b> •have symptoms suggestive of bowel obstruction, appendicitis or	
	inflamed bowel (fever, nausea, vomiting, abdominal pain, or bloating) •any medical conditions •are pregnant or nursing •thinking about becoming pregnant •are taking starch-based food thickeners for a swallowing problem. RestoraLAX may reduce the thickening effect of these products, which increases the risk of choking.
	<b>When using this product</b> •you may have loose, watery, more frequent stools •nausea, abdominal bloating, cramping or flatulence, diarrhea and excessive stool frequency might occur. If severe, stop use and contact a doctor. •do not take within 2 hours of another medicine as the desired effect of the other medicine may be reduced •overuse or extended use of any laxative may cause dependence for bowel function
	<b>Stop use and ask a doctor if</b> •you have rectal bleeding •your bloating, cramping, nausea or abdominal pain gets worse •you get diarrhea, especially if you are elderly •your condition persists or worsens •you develop an allergic reaction (e.g. rash, swelling, difficulty breathing)
	<b>Keep out of reach of children.</b> In case of overdose, stop

For more information visit [RestoraLAX.ca](http://RestoraLAX.ca)

To be sure this product is right for you, always read and follow the label.  
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#1  
RECOMMENDED  
BY GASTRO-  
ENTEROLOGISTS

#1  
RECOMMENDED  
BY FAMILY  
DOCTORS

## Constipated?

Learn about RestoraLAX that's trusted by 8 out of 10 doctors for gentle and effective laxative relief<sup>†</sup>



Use as directed for relief of occasional constipation.

\*Products in the laxative category (excluding therapeutic fibre) in Canada. †Based on survey data, 2020