

# Morning Bowel Routine

The morning bowel routine leads to a regular and predictable bowel motion. It works by triggering your body's natural response to move the contents of your bowel forward after eating or drinking. It may take several weeks for your bowel to adjust to this routine. Aim to have a soft, easy to pass stool.



"Seated squat" position on the toilet

## THE ROUTINE:

1. Have a hot drink as soon as you wake-up. This will "kick start" your bowels.
2. Follow your hot drink with a "high-fibre" breakfast. For example, All Bran, muesli, weet-bix with pear/kiwi/apple fruit on top, multi-grain / high-fibre toast, yoghurt with pear/kiwi/apple fruit
3. Have another hot drink with your breakfast
4. Be active for 30 minutes. You may take a short walk or do some light house duties
5. Sit on the toilet in the "seated squat" position
  - Relax your abdominal muscles and gently widen your waist (ask your therapist about this)
  - If you do not feel like emptying, sit for five minutes, then leave the toilet
  - Do not strain to force a bowel motion
  - Do respond to the urge at a later time
6. This routine may work at lunchtime, or in the evening. Everyone is different. See what suits you. It helps to choose the same time each day.



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