PREVENTION OF FECAL INCONTINENCE

Things you can do on your own to manage incontinence of stool and gas from your bowels:

*Be sure to see your physician regarding these problems in addition to following these suggestions.*

1) Avoid foods that cause gas:
   - Baked beans
   - Broccoli
   - Brussels sprouts
   - Cabbage
   - Carbonated drinks
   - Cauliflower
   - Chewing gum
   - Fruits such as apples, peaches and pears
   - Hard candy
   - Lettuce

2) Reduce sodium and protein in your diet.
   a) To reduce the sodium in your diet:
      i) Enjoy your food without added salt. Use vinegar, herbs, and spices to flavor your foods instead of salt.
      ii) Cook without salt.
      iii) Check food labels. If the food contains more than 250 milligrams of sodium per serving, it contains too much sodium. In general, the more processed a food is, the greater is its sodium content.
   b) To limit protein:
      i) Eat adequate, but not excessive amounts of protein:
      ii) Limit milk and milk products to two servings per day.
         (1) One serving equals:
            (a) 1 cup of milk, or yogurt or 1 ounce of cheese
      iii) Limit your intake of fish, poultry, and meat to five ounces per day. A deck of cards is approximately the same size as three ounces of these high protein foods.

3) Try eliminating lactose to see if that helps. This doesn't work for everyone. If you don't think it's helping restart foods with lactose in your diet.

4) Moderate the consistency of stool so it's soft and easily evacuated in one bowel movement. The combination of a natural fiber supplement and Miralax works well.
   - Natural fiber supplements: Chia seed or powder, psyllium husk, Metamucil
   - Miralax: this is an over the counter osmotic agent that helps you move your bowels by drawing water in to the colon. Take every day as directed on the bottle.

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