Constipation is a condition that affects up to 1 in 5 people. Women are twice as likely to suffer.

The average person will spend over 92 days of their adult life on the loo. This is equal to:
- That’s 92 days
- 2,208 hours
- 132,480 minutes
- 7,948,800 seconds

A person who suffers from constipation could be nearly double that. Think about what you can do in 92 days!

**Facts and Myths**

1) **You should have a bowel movement every day**

   **Myth!** What’s ‘normal’ varies. Some people go 3 times a day, others 3 times a week.

2) **Staying hydrated may help**

   **Fact!** Drinking plenty of water helps prevent dehydration, which can cause constipation. However: No effect on constipation is to be expected from increasing the fluid intake above the recommended daily volume.

3) **Holding it won’t hurt**

   **Myth!** Ignoring the urge when it comes may not only make you physically uncomfortable it also may lead to constipation.

4) **Taking a laxative can lead to dependency**

   **Myth!** Many people may think that using a laxative frequently could lead to a dependence and therefore the body may adapt to the treatment. However, there is no evidence to suggest that laxatives cause physical dependence.

If you’re suffering from constipation and want to get your digestive system working like clockwork... see your doctor for advice.

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