



Constipation Recipe

Mix together:

- 1 cup apple sauce
- 1 cup oat bran or unprocessed wheat bran
- $\frac{3}{4}$ cup prune juice

This recipe helps to increase dietary fiber intake and promotes regular bowel function. You may have a bloated feeling and more gas when adding fiber to your diet, but this should pass in a few weeks. Begin with 1-2 tablespoons of the mixture each evening mixed with (or followed by) one 6-8 ounce cup of water or juice.

After 2 weeks you will have softer and more regular bowel movements. If no change occurs, slowly increase the amount to 3-4 tablespoons. Plan to make this part of your daily routine for the rest of your lifetime. You can store the mixture in your refrigerator or freezer. You can also freeze 1-2 tablespoon servings in sectioned ice cube trays or in foam plastic egg cartons and thaw them as needed.

Disclaimer: This document contains information and/or instructional materials developed by Michigan Medicine for the typical patient with your condition. It may include links to online content that was not created by Michigan Medicine and for which Michigan Medicine does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

Author: Terri O'Neill RN, BSN
Reviewer: Jenifer Crawford RN, BSN

Patient Education by [Michigan Medicine](#) is licensed under a [Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International Public License](#). Last Revised 03/2021