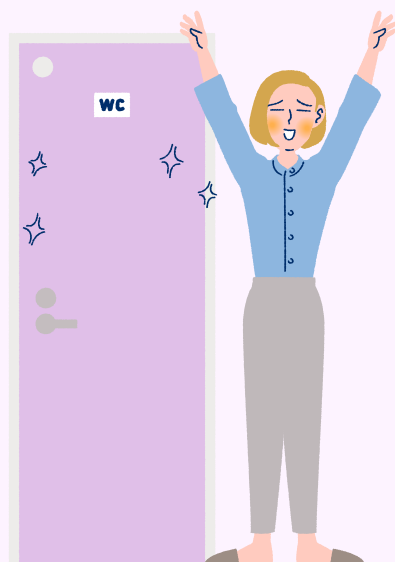


1.

Keep it short and sweet

- Aim to finish your business in under 15 minutes
- Long sits put extra pressure on your bottom
- Save the scrolling for outside the stall



YOUR BOWELS WILL
THANK YOU FOR KEEPING
THE SHOW SHORT.

Your toilet is not a theatre seat



2.

Find your “go” position

- Rest your feet on a small stool so your knees sit slightly higher than your hips
- This posture helps straighten your rectum and makes things move more smoothly
- Think “quick and comfy”, not “camped out”

3.

Feed your bowels right

- Load up on whole grains, fruits, vegetables, nuts and seeds
- Choose brown rice, oats or wholemeal bread instead of white rice or bread
- Fibre keeps your stools soft and your gut happy



Simple steps for smoother and healthier bathroom habits



4.

Hydrate like you mean it

- Drink about two litres of water a day – more if it is hot or you are active
- Eat water-rich foods such as watermelon, cucumber and lettuce
- Cut down on alcohol and caffeine to stay better hydrated



5.

Get moving

- 30 minutes of physical activity a day keeps your bowels active
- Try brisk walking, swimming or cycling – whatever gets you lightly breathless
- Move more, strain less



In consultation with **Dr Kwee Yi Ning**, Family Physician, **National University Polyclinics**.

