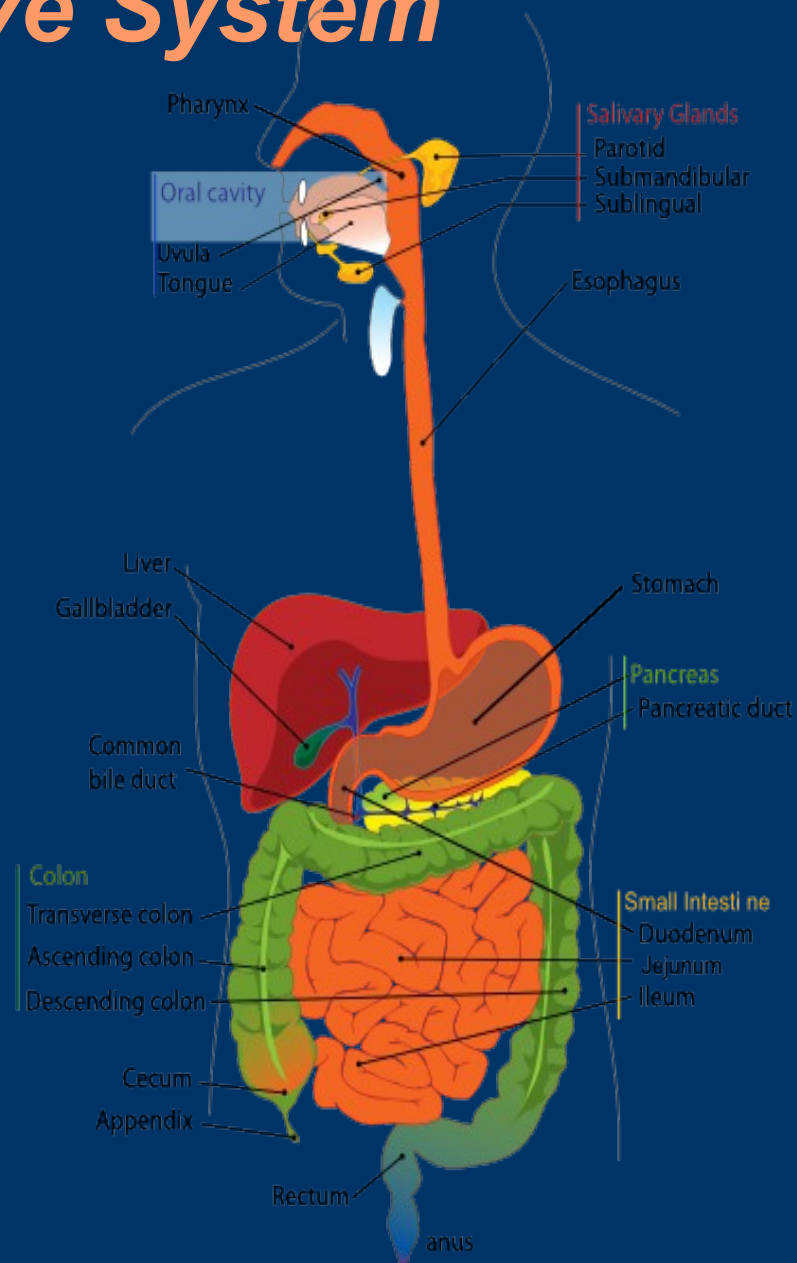
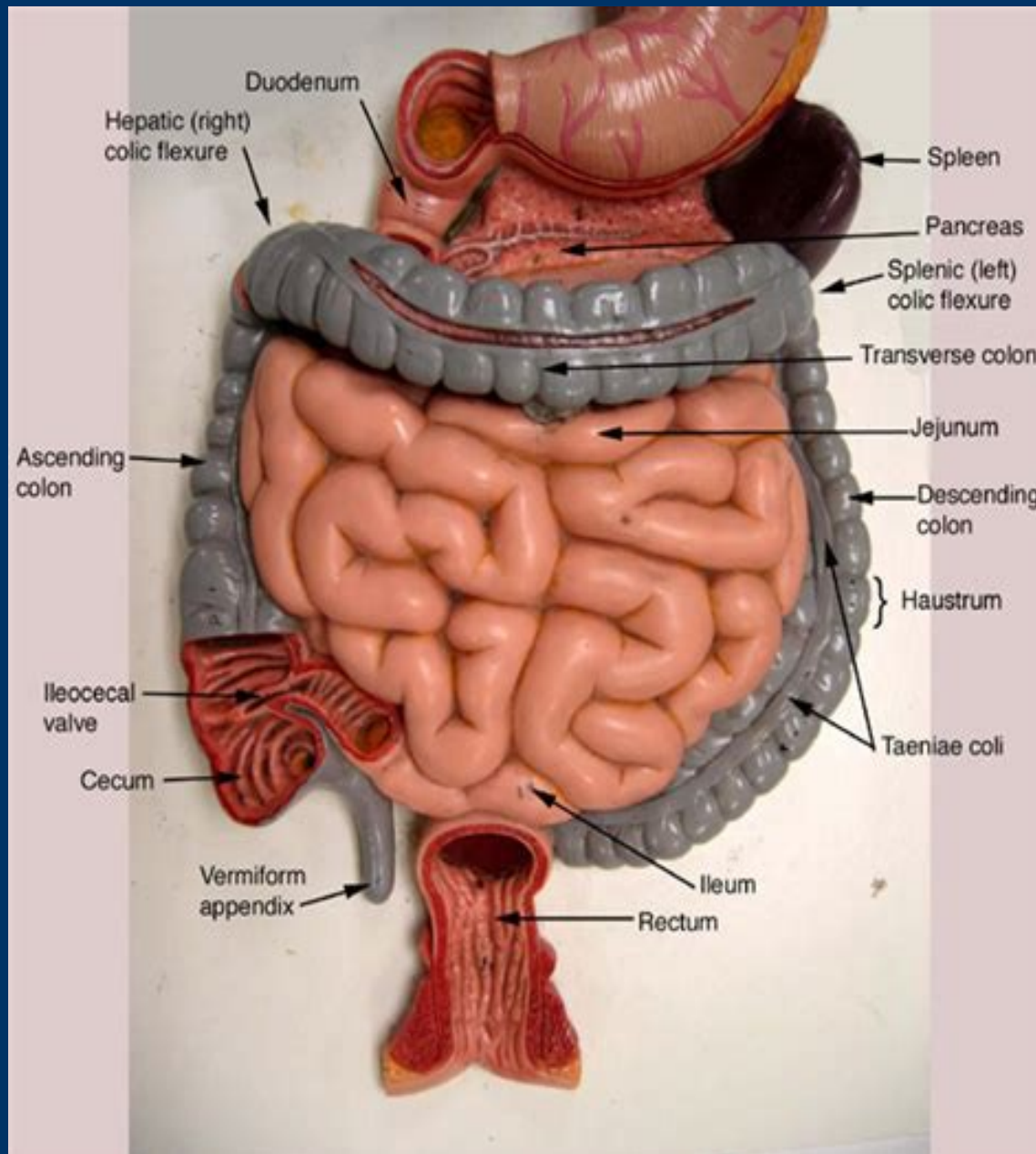


The Digestive System



The Bowel



MS and The Bowel

Things Affecting the MS Bowel

- Lifestyle
- Nerves



MS and The Bowel

Lifestyle

- Fluids – 2litres per day

- Diet

 - Anti-inflammatory

 - Anti-Allergenic – body's reaction

 - Specific to YOU

 - Prevent 'Leaky Gut'

- Exercise

 - Aerobic & Resistance

 - Good resource = theMSgym

MS and The Bowel

Nerves

Nerve supply is mostly **Autonomic System** -
Parasympathetic (Vagus Nerve) and **Sympathetic** Nerves:

The parasympathetic system gets things moving by increasing peristalsis, opening valves and sphincters, and increasing blood flow.

In essence it promotes digestion and absorption, which is best done while the person is resting.

REST AND DIGEST

MS and The Bowel

The sympathetic system is the “fight or flight” component, and directs energy and blood to skeletal muscle and other organs that will need the energy and in turn directs energies away from the gastrointestinal tract.

Thus in the digestive system, it slows things down by slowing peristalsis, closing valves and sphincters, and decreasing blood flow to the digestive tract

REDUCE STRESS

MS and The Bowel Problems

Spinal Level T10 (belly button)

- Lesion Above T10 = Spasticity
- Lesions below T10 = Flaccidity

Which can both cause.....

MS and The Bowel Problems

- **Constipation**

and/or

- **Incontinence**
(Often due to Constipation)



MS and The Bowel

Where To Start?

1. What you put into this system:

- Healthy Diet (including fibre – except Colitis and Crohn patients)
- Fluids – at least 2 litres of filtered water per day
- Medication – be careful many have GI side effects

2. Exercise and Movement (even standing – gravity)

3. Bowel Program/Routine

Soluble vs Insoluble Fibre

What does Soluble Fiber do?

Soluble fiber **absorbs water** and turns into a sort of gel that **protects the gastrointestinal muscles** around the colon. It also slows down digestion and **relieves constipation**.



What does Insoluble Fiber do?

This type of fiber **stimulates the gastrointestinal tract**, and it is necessary for promoting healthy digestion. However, it must be **consumed in moderation**.



What's the **Difference** between **Soluble** and **Insoluble Fiber**?

www.herbazest.com

Soluble vs Insoluble Fibre Foods

Breaking Down Fiber: Soluble vs. Insoluble

Soluble	Insoluble
Oatmeal/oat bran	Whole-wheat breads
Nuts and seeds	Barley
Dried peas	Couscous
Beans	Brown rice
Lentils	Wheat bran
Apples	Carrots
Pears	Zucchini
Strawberries	Celery
Blueberries	Whole-grain cereals



Bristol Stool Chart



Type 1 Separate hard lumps

SEVERE CONSTIPATION



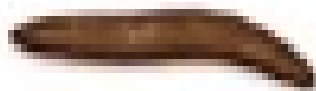
Type 2 Lumpy and sausage like

MILD CONSTIPATION



Type 3 A sausage shape with cracks in the surface

NORMAL



Type 4 Like a smooth, soft sausage or snake

NORMAL



Type 5 Soft blobs with clear-cut edges

LACKING FIBRE



Type 6 Mushy consistency with ragged edges

MILD DIARRHEA



Type 7 Liquid consistency with no solid pieces

SEVERE DIARRHEA

Bristol Stool Chart – Know your poo and what to do.

TYPE 1	Severe constipation: looks like separate small hard lumps, can be hard to pass		Drink lots more water & increase dietary fibre with fruit and vegetables & go to see your GP if it keeps happening.	
TYPE 2	Constipation: looks like a lumpy sausage shape, can be hard to pass.		Drink more water & increase dietary fibre with fruit and vegetables.	
TYPE 3 ✓	Healthy: looks like a sausage shape with cracks on the surface.		Healthy diet but drink a little more water. Well done.	
TYPE 4 ✓	Healthy: looks like a smooth sausage shape.		Healthy diet and good water intake. Well done. 	
TYPE 5	Loose: looks like separate soft blobs, easy to pass.		Increase dietary fibre with fruit and vegetables.	
TYPE 6	Very loose/diarrhoea: looks like mushy soft fluffy, easy to pass.		Diarrhoea could be on its way. Keep your fluids up.	
TYPE 7	Diarrhoea/Leakage from severe constipation: looks liquid.		Drink water & go to see your GP if it keeps happening.	

Management

- Lifestyle
 - Position on Toilet
 - Medication (e.g. Metamucil, Movicol) to add bulk
 - Abdominal massage
 - Manual Stimulation – lubricated finger in rectum & rotate
 - Assistive Devices – e.g. Transanal Irrigation (self enema) Peristeen from Coloplast
 - Operative Solutions – Stoma to flush colon
Colostomy
-
-

Position On Toilet

- Lean forward when you are sitting on the toilet with your hands resting on your thighs
 - Make sure knees are bent and are higher than your hips (it may help to use a footstool if your toilet is high or you are not very tall)
 - Make sure your feet are resting on the ground -(or on a footstool)
 - Try to breathe to the bottom of your lungs with your mouth open to prevent straining and contracting your pelvic floor (diaphragmatic breathing)
 - Bulge your tummy muscles forward as you take a deep breath in and then 'brace' your tummy to prevent it from bulging further forwards. Do not tighten your tummy.
 - Relax your anal sphincter to open your bottom and let the stool out
 - Use your deep breath to increase the pressure in your abdomen and push down towards your anus.
 - Only try this a maximum of 3 times. If it does not work, get up from the toilet and walk around. It may help to try having a warm/hot drink.
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