

# The Constipation Masterclass

Module 1: Constipation Framework and  
Diet Recommendations



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THE FUNCTIONAL GUT HEALTH CLINIC

What is  
Constipation?



# What is constipation?

- Rome III diagnostic criteria
- Bristol Stool Form Scale
- How I define constipation, practically

# What is constipation?

## Rome III diagnostic criteria

### FUNCTIONAL CONSTIPATION:

1. Two or more of the following symptoms:
  - Straining  $\geq 25\%$  of defecations
  - Lumpy or hard stools for  $\geq 25\%$  defecations
  - Sensation of incomplete evacuation for  $\geq 25\%$  of defecations
  - Sensation of anorectal obstruction/blockage  $\geq 25\%$  of defecations
  - Manual maneuvers to facilitate  $\geq 25\%$  of defecations
  - $\leq 3$  defecations per week
2. Loose stools are rarely present without use of laxatives.
3. Diagnostic criteria for IBS not met.

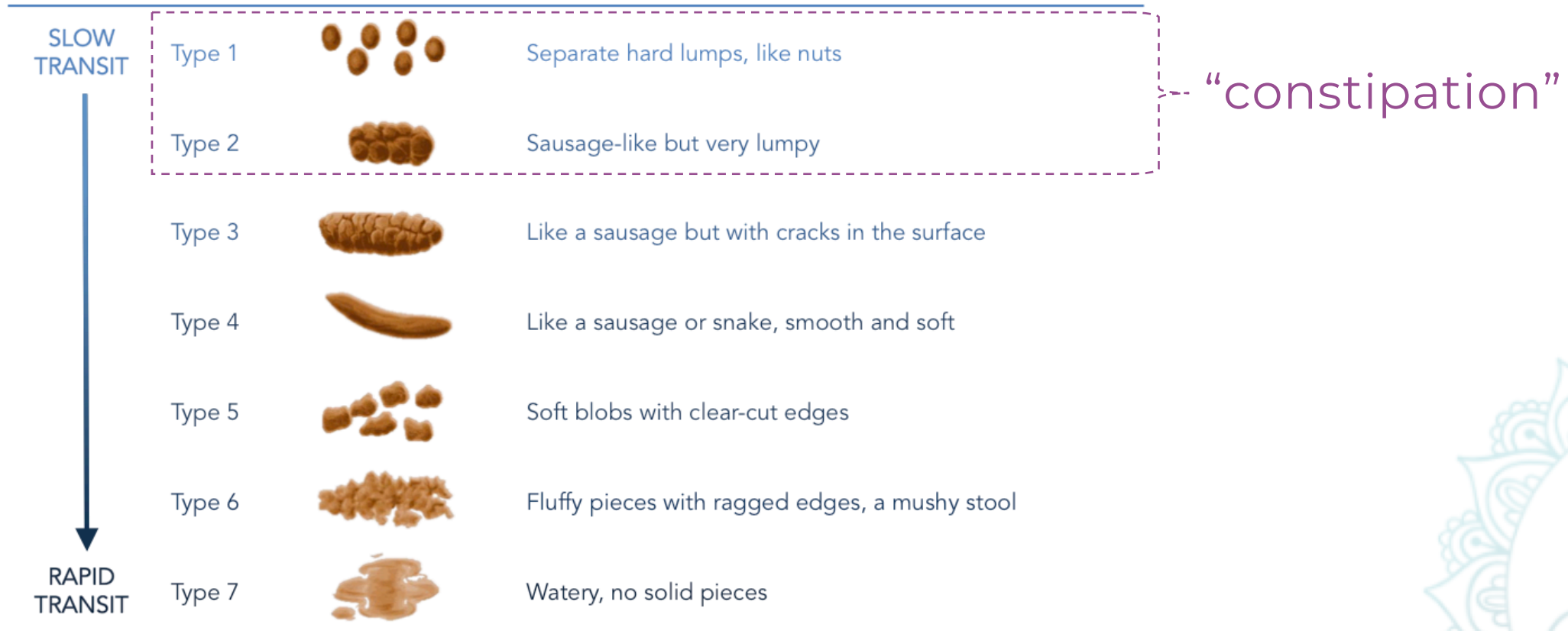
\* Criteria for either FC or IBS-C must be fulfilled for the past 3 months, with onset of symptoms at least 6 months prior to diagnosis.

### CONSTIPATION DOMINANT IBS:

1. Recurrent abdominal pain/discomfort for 3 or more days, that is associated with 2 or more of the following:
  - Improvement with defecation
  - Onset associated with fewer stools
  - Onset associated with harder stools
2. Lumpy or hard stools for  $\geq 25\%$  of defecations.

# What is constipation?

## Bristol Stool Form Scale



# What is constipation?

How I define constipation, practically

Regularly experiencing any or a combination of the following:

- **Form:** Hard stools (Bristol Type 1 & 2)
- **Frequency:** Less than 1 bowel motion per day
- **Pain:** Abdominal pain or discomfort associated with defecation
- **Sensation:** Incomplete evacuation or feelings of obstruction
- **Straining:** Difficult to pass stools
- **Laxatives:** Reliance on laxatives or motility agents

# Why constipation matters

- Can lead to other imbalances and chronic symptoms
  - Toxin reabsorption in the colon
  - Microbiome dysbiosis
  - Structural issues
  - Mental / emotional stress
  - Blocking factor in healing other imbalances in the body
- Creates perfect breeding ground for chronic disease!