### Why Does Constipation Occur as a Side Effect With Some Medications?

Medication induced constipation occurs when drugs...

- **Slow Down Digestive Activity**
  Constipation can be induced when autonomic processes in the GI tract are delayed in their normal rhythmic function. This results in the slow and difficult passage of stool.

- **Block Nerve Impulses**
  Constipation can be induced when muscle contractions, enzymes and mucus are not stimulated into production or action by the brain.

- **Relax Intestinal Muscles**
  Constipation is induced as peristalsis fails. This is the rhythmic muscular action that moves food, nutrients and waste along the GI tract.

- **Dehydrate**
  Constipation is induced as lubrication in the colon is reduced, the colon lining deteriorates and stools become dry and hard.

- **Kill Healthy Intestinal Flora**
  Constipation is induced as the healthy bacteria dies. Healthy bacteria helps to further breakdown waste, helps to generate lubrication, cleanses the colon and helps protect the colon against infection.

- **Harden Stools**
  Some medications can bind liquid in stools. This makes stools hard and difficult to pass.

### The result can be constipation that is disabling for several weeks (or until the cycle of the medication is completed).

### If Constipated by Medications, What Can You Do?

- Talk to your doctor or pharmacist.
- Take laxatives only under the advice of a healthcare professional.
- Try Fruit-Eze™ pure fruit regularity blend.
- Drink plenty of fluids.
- Eat a well-balanced diet that includes fruits, and vegetables and whole grains.
- Exercise regularly.
- Yogurt or buttermilk with live bacterial cultures can help to restore populations of healthy bacteria in the colon.

### Constipating Over the Counter Drugs Include:

Antacids that contain aluminum, antihistamines, diuretics, pain relievers, cold medicines, laxatives (used long term) and anemia medicines (iron supplements). There are others.

### Constipating Prescription Medications Include:

Antidepressants, antispasmodic drugs, antiarhinsonian medication, anticonvulsants for epilepsy, diuretics, tranquilizers, opioids (narcotics) and other pain relievers, high blood pressure medications (antihyperintensive calcium channel blockers), high cholesterol medications, cholestyramine, and cardiovascular medications. There are others.

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How Do Laxatives Induce Constipation?

In addition to their purgative effect, most laxatives are also diuretic (they can cause significant fluid loss).

With over use, laxatives break down the colon lining. This results in a loss of habitat and nourishment for the healthy intestinal bacteria that live in the colon. This bacteria helps to further breakdown fecal matter, groom your colon, and help to prevent against infection. Your colon can become vulnerable to infection when healthy bacteria are lost. Infection can contribute to constipation. Healthy intestinal bacteria also produce lubrication in the colon that helps to ease stools through the colon. Without a healthy lubricated colon lining, stools move more slowly through the colon. Slow intestinal motility produces hard dry stools that are difficult to pass. This is constipation.

Without a healthy colon lining, exposed nerve endings lining the colon wall can become damaged by fiberous fecal matter scraping over them. When nerve endings are damaged, messages are not reliably transmitted between the colon and the brain. Because of this interruption in neural activity, intestinal motility slows down and constipation is likely to result.

Laxatives usually produce very loose stools. This can lead to loss of intestinal muscle tone which also leads to slow intestinal motility and constipation.

Can Fruit-Eze™ Help?

Yes. Fruit-Eze pure fruit regularity blend can help individuals taking prescription medications to both achieve and maintain regularity.

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Fruit-Eze™ pure fruit regularity blend is safe for individuals on prescription medications.

Get Going...Naturally™.