Who is at risk?

Under certain conditions, anyone can develop an impaction. The same factors that lead to the development of constipation, can also lead to the development of impactions.

Individuals who have certain forms of intestinal disease are at greater risk of developing an impaction.

Individuals who have become dehydrated from an illness can are at greater risk of developing an impaction.

And, some older adults are at greater risk of developing impactions due to a combination of factors.

Persons who are already suffering from constipation are at some risk for developing an impaction especially when the following conditions exist:

- Excessive bed rest, or confinement to bed
- Illness with significant fluid loss
- Weakened abdominal muscles
- Lack of exercise
- Inadequate dietary fiber intake
- Insufficient fluid intake
- Taking certain prescription medications
- Taking certain supplements
- Taking certain over-the-counter medications
- Laxatives especially bulk forming dry fiber laxatives
- Advanced age

Dry Fiber Laxative Caution:

If you are taking bulk forming dry fiber laxatives, drink plenty of fluids with the dosage and throughout the day following dosage. Manufacturers of dry fiber laxatives recommend drinking additional fluids to “aid product action” and to avoid the risk of an potential impaction.

Unlike some forms of laxatives that are specifically directed to be taken before going to bed, dry fiber laxatives are intended to be taken in the morning or during the day so that the dose can be followed by additional fluid intake. Additionally, normal daily activity helps to stimulate the bowel and keep things moving along (which also helps to avoid impaction). With other laxatives, the drug itself stimulates the bowel.

Older adults who limit their fluid intake in the hours preceding bedtime should avoid taking the laxative in the late afternoon or evening.

There are four reasons why dry fiber laxatives should not be taken before going to bed:

1. Since you will be asleep, you will not be able to follow up the dosage with additional fluids.
2. Taking dry fiber laxatives without adequate fluid intake can cause it to swell and block your throat or esophagus and may cause choking.
3. The development of an impaction is possible anywhere along the G.I tract without the added fluid intake and muscular stimulation that occurs with normal daytime activities.
4. Should an impaction develop, you may sleep through early symptoms that might otherwise alert you to a problem.

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What Are the Symptoms?
Impactions are often overlooked because the symptoms of impactions imitate many other problems. As a result, about 2,000 people die each year from unrecognized impactions. Impactions are life threatening and require immediate medical attention.

An individual with an impaction may experience some or any combination of the following symptoms:

- Abdominal pain
- Bladder problems
- Difficulty breathing
- Explosive diarrhea
- Disorientation
- Rapid heart beat
- Low blood pressure
- Leakage of stool when convulsing or coughing may occur if liquid stool moves around the impaction.

Can a Stool Still Form When an Impaction is Present?
Yes. A stool can still form when an impaction is present. The evidence of a stool does not indicate that an impaction or partial impaction is not present.

Liquid stool that is able to make its way around an impaction, may still be able to form into a stool on the other side of the impaction and be passed. Because of this possibility, the absence of stools (constipation) should not be regarded as the first indication that an impaction has developed.

Can Fruit-Eze™ Help?
Used proactively, Fruit-Eze™ pure fruit regularity blend can help you to achieve regularity, to avoid constipation and constipation leading to impaction.

Following medical intervention to remove an impaction, Fruit-Eze™ fruit blend can be included as part of the bowel health program to help heal and retrain the bowel and to prevent constipation.

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Avoid constipation and constipation leading to impaction with Fruit-Eze™ pure fruit regularity blend. Get Going...Naturally™.