Using prune juice for constipation

Use these steps to try prune juice carefully and know when to get help.

- [ ] Start with a small serving instead of a large glass.
- [ ] Drink prune juice in the morning, as the Cleveland Clinic describes.
- [ ] Try about five dried prunes if you prefer whole fruit.
- [ ] Watch for diarrhea, bloating and gas, and cut back if they appear.
- [ ] Add fiber from fruit, vegetables, oats and cereals gradually.
- [ ] Keep up your fluids through the day.
- [ ] Ask a clinician about juice portions if you manage blood sugar.
- [ ] See a doctor if constipation lasts more than three weeks.
- [ ] Ask the pediatrician before giving juice to a baby.

Notes

For general education only. Not a substitute for professional medical advice.
Read the full article: https://healthhorizonguide.com/nutrition/prune-juice-for-constipation/