

# Fact Sheet

# Constipation

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## Parkinson's Disease & Movement Disorders Center

Another means of dealing with constipation is Fruit Paste. This is an interim measure, and should only be used if the other methods have proven ineffective. Fruit Paste requires preparation. It can be stored in the freezer in old ice cube trays. Each cube is almost 2 tablespoons, and you only need to take 1 to 2 tablespoons per day.

### Fruit Paste for Constipation

1 pound Pitted prunes  
1 pound Raisins  
1 cup lemon juice  
1 pound dried Figs  
1 cup brown sugar  
3-4 oz pkg Senna Tea

Steep tea for 5 minutes in 3 ½ cups water and strain. Add fruit to 2 cups tea, boil for 5 minutes. Add sugar and lemon juice, allow to cool. Blend in food processor. Keep in freezer. Take 1 to 2 tablespoons daily

**Warning Signs** everyone needs to be aware of. If these occur, let your health care provider know:

- Constipation is a new issue for you.
- There is blood in your stool.
- You are losing weight without trying.
- You experience pain with your bowel movements.
- You have constipation that has lasted for more than 3 weeks.

Remember, certain situations can cause constipation: travel, stress, antacids, narcotic pain medications, and inactivity. When these are part of your life, use the recommendations listed to keep yourself happy, healthy and moving!

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