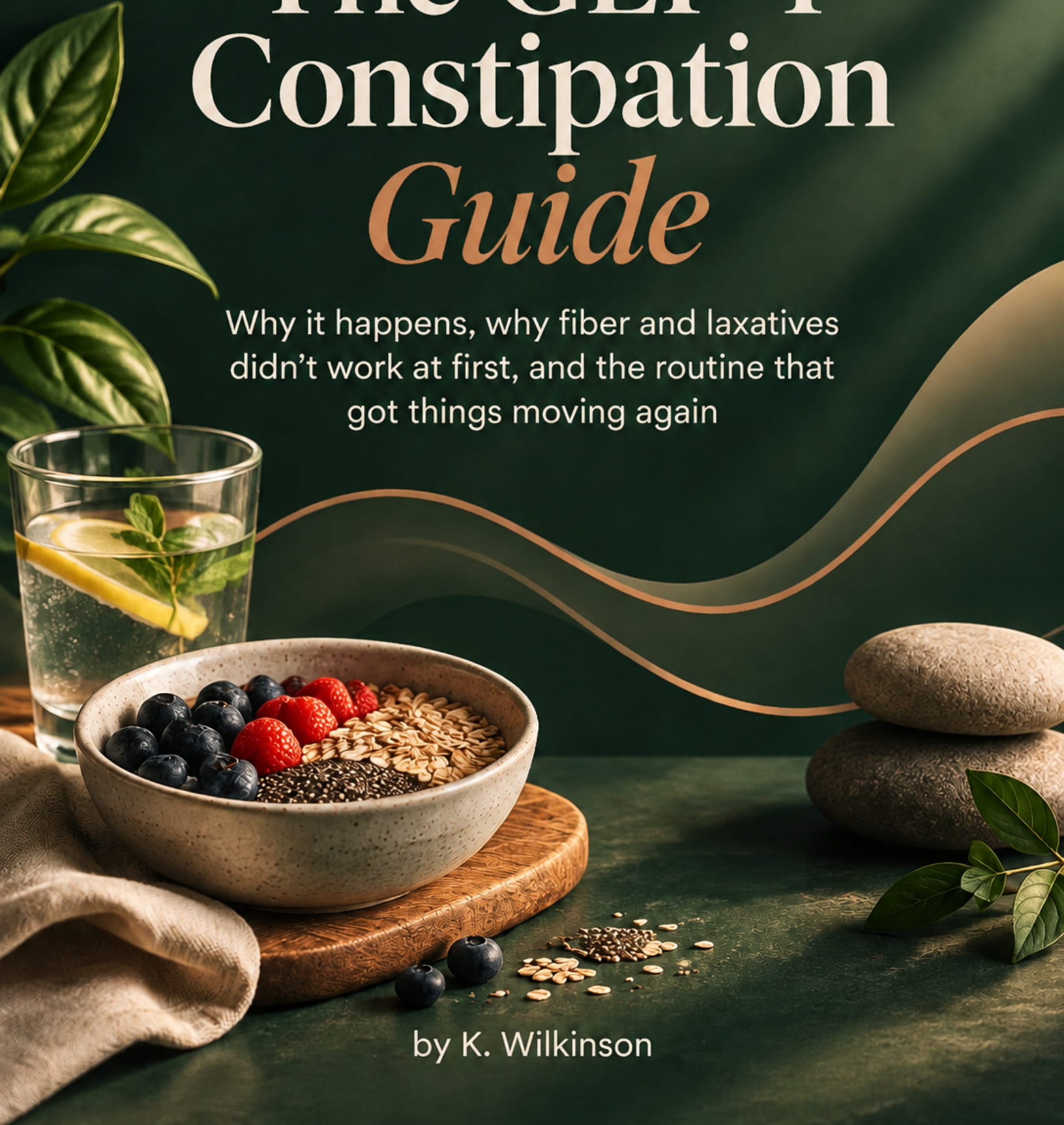


FLOWWELL • GLP-1 GUT HEALTH

The GLP-1 Constipation *Guide*

Why it happens, why fiber and laxatives
didn't work at first, and the routine that
got things moving again



by K. Wilkinson

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Please read: I am not a doctor. This guide shares my personal experience and general information, not medical advice. Talk to your prescriber before starting any supplement, especially if you have diabetes or take other medications.

Affiliate disclosure: Some links and QR codes in this guide are affiliate links. If you buy through them, I may earn a commission at no extra cost to you. I only share products I use myself.

Why I wrote this

GLP-1 medications slow your whole digestive tract on purpose. Constipation is the price many people pay, and the usual fixes don't always work the way you expect.

I had never been constipated in my life. Then, a few months into my GLP-1, I went almost two weeks without a bowel movement. My doctor warned me that if it kept going, I could end up in the ER.

I tried the drugstore laxatives. I tried fiber. Nothing really moved. What finally turned it around for me was supporting my gut itself, not just forcing things through. Relief came on day five, and I still take it daily.

"Nothing really moved until I stopped trying to force it and started supporting my gut."

This guide explains what is going on inside you, why the quick fixes often fall short on a GLP-1, and the routine that works for me now.

Why GLP-1s cause constipation

The same action that makes you feel full is what backs you up.

GLP-1 medications like semaglutide and tirzepatide copy a natural hormone that slows how fast food leaves your stomach, so you stay satisfied longer ([Doctronic](#)). That slowdown doesn't stop at the stomach. Here is what stacks up:

1 Slower movement all the way down.

The wave-like squeezing that pushes stool through your intestines happens less often and more weakly ([NimbleRx](#)).

2 Stool sits longer and dries out.

The longer it stays in the colon, the more water your body pulls back out of it, so it gets harder to pass.

3 You eat and drink less.

Less food means less bulk to trigger a bowel movement. Many people also forget to drink because thirst cues drop with appetite.

4 Your gut environment shifts.

When things move slowly, the balance of bacteria in your gut can change. Some gut-health companies point to gas-producing microbes as part of the slowdown; this is still an area of research, not settled science.

This is common, not a personal failure. Constipation tends to show up in the first one to two months, often after a dose increase ([Doctronic](#)).

Why fiber and laxatives didn't work for me at first

Once you're already backed up on a GLP-1, fiber and laxatives often can't fix it on their own. They become useful later, for maintenance, after your gut is moving again.

My experience. When I was stuck, I tried several brands of fiber and laxatives. None of them did anything. I hear the same story over and over in GLP-1 Facebook groups: people take more and more, and nothing happens.

Why that happens. The problem isn't a lack of fiber or a need for a push. The problem is that your gut has slowed down. Fiber adds bulk, and adding bulk to a gut that has stalled can add to the pile-up, especially when you're drinking less ([Doctronic](#)). Laxatives try to force a result, but many people find they barely work, or they cramp without relief, while the slowdown is still there the next day.

WHEN YOU'RE STUCK

Gut has slowed down. Fiber adds bulk to a stalled system. Laxatives force a push without fixing the slowdown.

ONCE THINGS MOVE

Gut is working again. Fiber and gentle laxatives can finally do their job and help you stay regular.

What changed for me. I focused first on getting my gut moving again. Once it was, fiber and gentle laxatives finally started doing their job, and now they're part of my maintenance.

Don't keep doubling up. If fiber and laxatives aren't working and the days keep adding up, taking more is not the answer. That's the moment to call your doctor. Waiting too long is how people end up in the ER. And if your doctor recommended something, don't stop it without asking them.

What helped me: Emma and Akka

The two products I credit with getting me unstuck. Each has a short video explaining what's happening inside your body.

Emma

FOR THE GUT

Emma is the product that broke my two-week stretch. I had relief on day five, and I've kept taking it daily since.

It's a daily digestive supplement. The company says it targets bacterial overgrowth in the gut, which it links to bloating, gas and slow bowel movements. Its formula is built around berberine, a plant extract, with ingredients like quercetin and resveratrol ([Outlook India](#)).



SCAN TO WATCH

or tap here

Diabetes note: Berberine can lower blood sugar. If you take a GLP-1, metformin, insulin or another diabetes medication, ask your doctor before starting Emma and watch your numbers closely at first.

Akka

FOR THE LIVER AND GUT

I added Akka to support my liver, which works hand in hand with digestion. Your liver makes bile, and bile helps break down fat and keep things moving through the intestines.

Akka pairs *Akkermansia muciniphila*, a gut bacterium being studied for metabolic health, with milk thistle, quercetin, resveratrol and artichoke extract ([EatProteins](#)). Research on its liver benefits is still early.

Note: Have a liver condition or take medications processed by the liver? Check with your doctor first. Milk thistle can interact with some medications.



SCAN TO WATCH

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Daily maintenance: SoWell nutrition

Getting unstuck is step one. Staying regular is the long game.

Once things were moving again, my focus shifted to staying regular. On a GLP-1 you eat much less, so it's easy to fall short on the nutrients your body and gut need every day.

SoWell Daily Nutrition

DAILY MAINTENANCE

For daily maintenance I use SoWell Daily Nutrition products. They help me cover the gaps when my appetite is low.

This is also the stage where fiber and gentle laxatives can help, now that your gut is moving on its own again.



SCAN TO SHOP

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Daily habits that keep things moving

Supplements work best on top of simple habits. These are the ones that matter most on a GLP-1.

- ☐ **Drink water all day.** Sip steadily rather than chugging at meals. Many clinicians suggest roughly 2 to 3 liters a day ([Ubie Health](#)).

- ☐ **Walk after meals.** Even 10 to 15 minutes can wake up your gut's natural urge to go ([Doctronic](#)).

- ☐ **Eat smaller meals.** Large, greasy meals slow your stomach even more.

- ☐ **Add fiber slowly, if at all.** Start with gentle soluble fiber like oats, a little at a time, with extra water.

- ☐ **Try a warm drink in the morning.** Warm water or herbal tea can help get things started.

- ☐ **Don't ignore the urge.** Go when your body tells you to.

- ☐ **Track it.** Note your bowel movements so you can spot a slowdown early and tell your doctor. Use the tracker on the next page.

Your 7-day gut tracker

Fill in one row a day. After a week you'll see your pattern, and you'll have real notes to show your doctor.

Day	Bowel movement? (Y / N, time)	Water (cups)	Walk (minutes)	Supplements taken	How I feel (bloated, cramping, fine)
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					

Dose day this week: _____ Current dose: _____ Notes for my doctor: _____

Three or four days with no bowel movement? Don't wait for day seven. Call your doctor.

When to call your doctor

Don't wait it out like I almost did.

Call your prescriber or get care if you have:

- ! No bowel movement for more than 3 to 4 days, or it keeps getting worse
- ! Severe or constant belly pain, or a hard, swollen belly
- ! Vomiting, especially if you can't keep fluids down
- ! Blood in your stool or black, tarry stool
- ! Signs of dehydration: dizziness, very dark urine, or little urine

GLP-1 medications can rarely cause serious bowel problems. Your doctor may also adjust your dose, which often helps more than anything you buy.

Sources

- [GLP1 and Constipation: What Helps](#) (Doctronic)
- [Can Lixisenatide Cause Constipation?](#) (Doctronic)
- [Managing Constipation and Upset Stomach on GLP-1s](#) (NimbleRx)
- [GLP-1 Constipation: A Stepwise Management Protocol](#) (Ubie Health)
- [Emma Supplement Reviews](#) (Outlook India)
- [AKKA Liver Detox Review](#) (EatProteins)

KEEP GOING

You don't have to suffer in silence.

More guides, real stories and practical help for life on a GLP-1.

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