

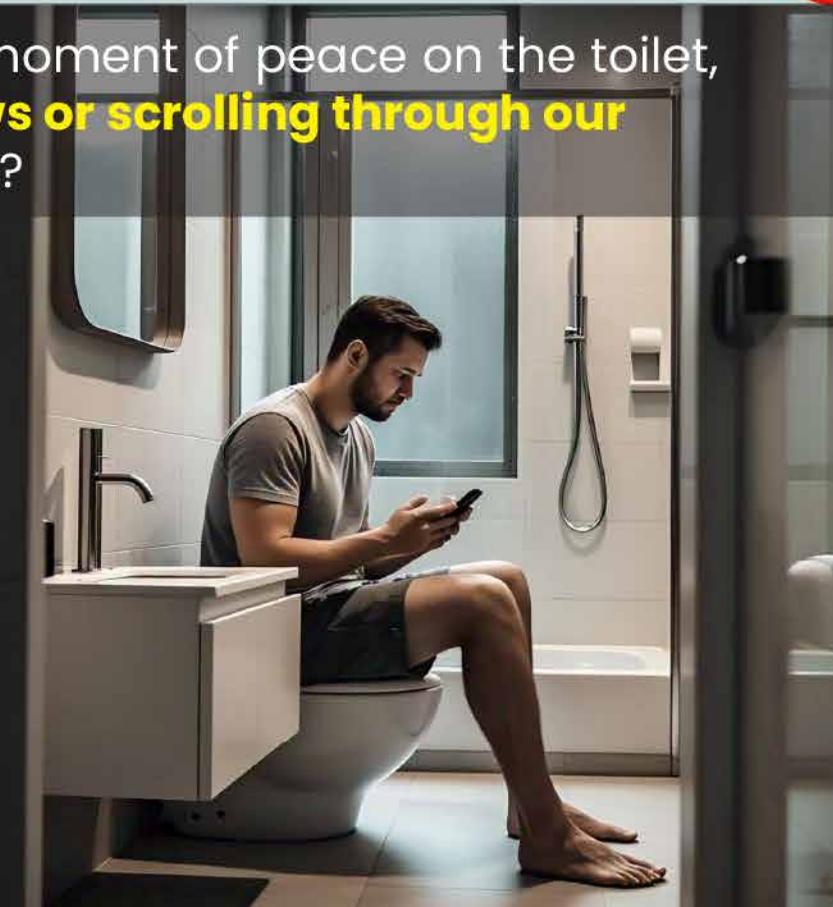


Spending  
too much time  
**in loo,**  
doom scrolling?



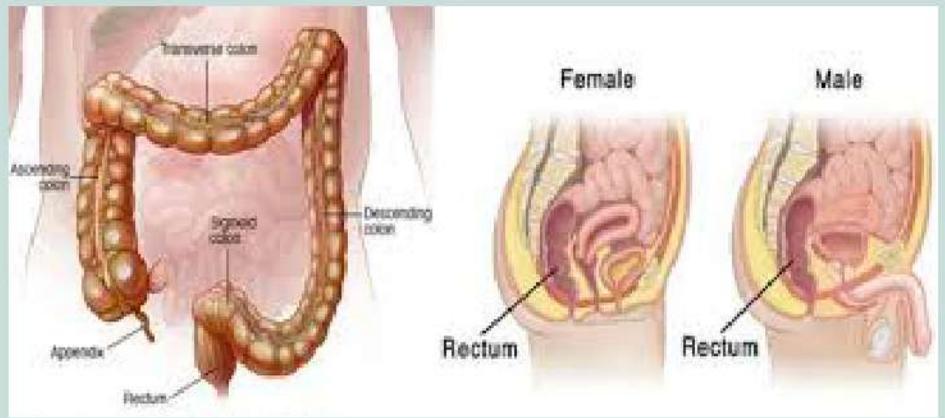
## The Throne of Time: How Long is Too Long?

We've all been there: seeking a moment of peace on the toilet, perhaps catching up on the **news or scrolling through our phones**. But how long is too long?



While it might be tempting to linger, turning the bathroom into a **reading/ scrolling** room can have **negative consequences**.

Spending **excessive time** on the toilet, especially straining during bowel movements, can **weaken the rectal muscles**. This can lead to difficulties with natural bowel emptying in the future.



Prolonged sitting also increases pressure in the rectal area, potentially **contributing to hemorrhoids** – swollen veins around the rectum caused by **reduced blood flow**.

## The key to healthy bathroom habits is simple:

**listen to your body**. Respond promptly to the urge to go and **avoid holding** it in. Don't overstay your welcome on the throne! Ideally, **limit your time to around 5 minutes**. If nothing happens within that time, don't force it. Sticking around longer can do **more harm than good**.



### Fiber-rich diet



### Adequate hydration



Beyond bathroom etiquette, a **fiber-rich diet**, **adequate hydration**, and a mindful approach to **bathroom time** are essential for rectal health.



### Bathroom time

Regular bowel movements can often be improved through diet and, when necessary, medication.

**Remember, these are preventative measures.**



**If you experience persistent issues, it's always best to seek professional medical advice.**

**For doubts and queries, please reach out:**

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