

Scientists have discovered why many of us poop for a long time in the morning after breakfast.

There are several reasons why we poop most often in the morning. The first has to do with our internal clock. In healthy people, muscle contractions in the colon follow a certain rhythm. At night its activity is minimal. Moreover, the deeper and calmer our sleep, the fewer muscle contractions we have.

Contractions in the colon are most active in the morning after waking up and after eating. Breakfast is also a stimulus for us to have a bowel movement. When we eat and drink, our stomach stretches, causing the gastrocolic reflex. This stimulates the colon to contract strongly and can cause feces already in the colon to be pushed out of the body. This reflex is strongest in the morning.

Coffee also plays an important role. This is generally a very powerful stimulator of contractions of the sigmoid colon and the rectum itself.

Large international studies show that the vast majority of people poop between three times a day and three times a week. If you are healthy, then it is more important that your bowel movements are comfortable and regular. Having a bowel movement does not have to happen once a day in the morning.

Additionally, people with irritable bowel syndrome may feel an urgent need to go to the toilet in the morning. This often happens several times after waking up, during and after breakfast. This can be very unpleasant. This is likely due to overstimulation of colon contractions in the morning.

News materials cannot be equated with a doctor's prescription. Before making a decision, consult a specialist.