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actually make constipation worse. How to use it: Stir one serving of ... Apr 7, 2026 · No drink can make you poop immediately. But some drinks can make it easier to poop when you're constipated.

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with artificial sweeteners should also be limited, as they can upset your gut and contribute to bloating or cramping. Focusing on hydration and natural, low-sugar options is the best way to avoid ...

5 Drinks That Make You Poop Immediately, From a Gastroenterologist

Here's What Can Make You Poop Instantly - Health

[The 5 Best Drinks for Constipation - GoodRx](#)

How to Poop Instantly: 10 Safe and Easy Ways — Best Life

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8 Drinks That Make You Poop Immediately If Constipated

[8 Drinks To Help You Poop Immediately - Eat This Not That](#)

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10 Drinks to Help Alleviate

*Constipation -
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