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|  |  |  **V1** |  **V2** | **V3** |
|   |   | NBD | No-NBD | NBD | No-NBD | NBD | No-NBD |
| **Laxative use** | None | 13 (24,1) | 10 (26,3) | 18 (35,3) | 10 (29,4) | 13 (26,5) | 10 (29,4) |
| Occasionally | 12 (22,2) | 8 (21,1) | 12 (23,5) | 7 (20,6) | 14 (28,6) | 6 (17,6) |
| Regular | 26 (48,1) | 17 (44,7) | 19 (37,3) | 14 (41,2) | 16 (32,7) | 15 (44,1) |
| Ineffective | 3 (5,6) | 3 (7,9) | 2 (3,9) | 3 (8,8) | 6 (12,2) | 3 (8,8) |
| **Freq. Bowel Movements** | 1-2 times / 1-2 days | 29 (53,7) | 14 (36,8) | 35 (68,6) | 12 (35,3) | 32 (65,3) | 14 (41,2) |
| ≤ 2 times/week | 21 (38,9) | 15 (39,5) | 15 (29,4) | 16 (47,1) | 16 (32,7) | 17 (50,0) |
| < 1 /week | 2 (3,7) | 6 (15,8) | 1 (2,0) | 5 (14,7) | 0 (0,0) | 2 (5,9) |
| < 1 / fortnight | 2 (3,7) | 3 (7,9) | 0 (0,0) | 1 (2,9) | 1 (2,0) | 1 (2,9) |
| **Unsuccess. evacuatory attemps** | Never / rarely | 9 (16,7) | 2 (5,3) | 19 (37,3) | 1 (2,9) | 13 (26,5) | 5 (14,7) |
| Ocassionally | 24 (44,4) | 11 (28,9) | 17 (33,3) | 15 (44,1) | 17 (34,7) | 8 (23,5) |
| Ussually | 16 (29,6) | 20 (52,6) | 13 (25,5) | 14 (41,2) | 17 (34,7) | 15 (44,1) |
| Always = manual  | 5 (9,3) | 5 (13,2) | 2 (3,9) | 4 (11,8) | 2 (4,1) | 6 (17,6) |
| **Feeling incomplete evacuation** | Never  | 1 (1,9) | 1 (2,6) | 6 (11,8) | 0 (0,0) | 8 (16,3) | 2 (5,9) |
| Rarely | 2 (3,7) | 3 (7,9) | 14 (27,5) | 3 (8,8) | 6 (12,2) | 2 (5,9) |
| Ocassionally | 15 (27,8) | 2 (5,3) | 18 (35,3) | 4 (11,8) | 14 (28,6) | 2 (5,9) |
| Ussually | 23 (42,6) | 13 (34,2) | 9 (17,6) | 12 (35,3) | 16 (32,7) | 14 (41,2) |
| Always  | 13 (24,1) | 19 (50,0) | 4 (7,8) | 15 (44,1) | 5 (10,2) | 14 (41,2) |
| **Abdominal pain** | Never  | 6 (11,1) | 1 (2,6) | 14 (27,5) | 3 (8,8) | 10 (20,4) | 1 (2,9) |
| Rarely | 7 (13,0) | 4 (10,5) | 14 (27,5) | 3 (8,8) | 10 (20,4) | 4 (11,8) |
| Ocassionally | 19 (35,2) | 7 (18,4) | 12 (23,5) | 6 (17,6) | 12 (24,5) | 4 (11,8) |
| Ussually | 14 (25,9) | 11 (28,9) | 7 (13,7) | 10 (29,4) | 11 (22,4) | 13 (38,2) |
| Always  | 8 (14,8) | 15 (39,5) | 4 (7,8) | 12 (35,3) | 6 (12,2) | 12 (35,3) |
|  **Bloating** | Never  | 4 (7,4) | 2 (5,3) | 10 (19,6) | 1 (2,9) | 4 (8,2) | 1 (2,9) |
| Patient perceived  | 27 (50,0) | 6 (15,8) | 32 (62,7) | 8 (23,5) | 28 (57,1) | 6 (17,6) |
| Visible to others | 12 (22,2) | 19 (50,0) | 8 (15,7) | 13 (38,2) | 13 (26,5) | 19 (55,9) |
| Severe w/ nausea | 11 (20,4) | 10 (26,3) | 1 (2,0) | 11 (32,4) | 3 (6,1) | 7 (20,6) |
| Severe w/ vomiting | 0 (0,0) | 1 (2,6) | 0 (0,0) | 1 (2,9) | 1 (2,0) | 1 (2,9) |
| **Enemas / Digitation** | Never | 34 (63,0) | 8 (21,1) | 32 (62,7) | 11 (32,4) | 33 (67,3) | 17 (50,0) |
| Enem/supp. Occass. | 3 (5,6) | 10 (26,3) | 6 (11,8) | 9 (26,5) | 5 (10,2) | 5 (14,7) |
| Enem/supp. Regular | 7 (13,0) | 6 (15,8) | 3 (5,9) | 3 (8,8) | 3 (6,1) | 5 (14,7) |
| Manual evac. occass. | 7 (13,0) | 10 (26,3) | 9 (17,6) | 7 (20,6) | 5 (10,2) | 0 (0,0) |
| Manual evac. Always | 3 (5,6) | 4 (10,5) | 1 (2,0) | 4 (11,8) | 3 (6,1) | 7 (20,6) |
| **Time taken**  | < 5min | 14 (25,9) | 10 (26,3) | 19 (37,3) | 12 (35,3) | 14 (28,6) | 12 (35,3) |
| 5 -10 min | 16 (29,6) | 9 (23,7) | 13 (25,5) | 9 (26,5) | 12 (24,5) | 8 (23,5) |
| 10 - 30 min | 20 (37,0) | 14 (36,8) | 18 (35,3) | 7 (20,6) | 18 (36,7) | 9 (26,5) |
| > 30 min | 4 (7,4) | 5 (13,2) | 1 (2,0) | 6 (17,6) | 5 (10,2) | 5 (14,7) |
| **Difficulty evacuation** | Never  | 5 (9,3) | 1 (2,6) | 10 (19,6) | 1 (2,9) | 10 (20,4) | 2 (5,9) |
| Rarely | 3 (5,6) | 3 (7,9) | 14 (27,5) | 6 (17,6) | 5 (10,2) | 4 (11,8) |
| Ocassionally | 17 (31,5) | 6 (15,8) | 17 (33,3) | 7 (20,6) | 19 (38,8) | 7 (20,6) |
| Ussually | 19 (35,2) | 9 (23,7) | 5 (9,8) | 7 (20,6) | 12 (24,5) | 7 (20,6) |
| Always  | 10 (18,5) | 19 (50,0) | 5 (9,8) | 13 (38,2) | 3 (6,1) | 14 (41,2) |
| **Stool consistency** | soft / loose / normal | 4 (7,4) | 4 (10,5) | 15 (29,4) | 5 (14,7) | 11 (22,4) | 3 (8,8) |
| occasionally hard | 19 (35,2) | 9 (23,7) | 24 (47,1) | 10 (29,4) | 18 (36,7) | 9 (26,5) |
| Always hard | 15 (27,8) | 16 (42,1) | 6 (11,8) | 13 (38,2) | 9 (18,4) | 13 (38,2) |
| Alwasys hard, pellet-like | 16 (29,6) | 9 (23,7) | 6 (11,8) | 6 (17,6) | 11 (22,4) | 9 (26,5) |

**SDC-3. Table KESS questionnaire of constipation symptoms**

Results are displayed as number and percentage of participants (n/%) marking each option of the KESS questionnaire at the 3 visit times. The only question not detailed is “history of constipation” because it remained constant along the study (NBD: 5-10 years; No-NBD >20 years).