

MANAGING CONSTIPATION

What is constipation?

- Hard bowel movements (BMs)
- Trouble having a bowel movement
- BMs occurring less than the usual pattern with abdominal pain
- Having a BM less frequently than once every 3 days

What should you report to your Hospice Alliance Nurse?

- Pain or pressure in bottom
- Blood with BM
- Diarrhea or oozing BMs
- Bloating or feeling of fullness
- No BM in 2 or more days
- A change in how often you have a BM

What can be done?

The good news is that there are many things that you can do about not having regular BMs. The hospice team will discuss with you different choices that may be best for you. Here are a few ideas:

- Keep a record of when you have a BM
- Keep record of any other symptoms you have
- Talk with your nurse about starting bowel medicines
- Drink warm juice or water if able
- If able, drink more water or juices than usual
- Eat more fruit like prunes or raisins
- Walk about your home a little more than usual
- Take your bowel medicines as they have been ordered
- Go to the toilet at regular times each day
- Do not take fiber medicines if you are not drinking a lot of water or juice
- Be sure bowel medicines are taken daily if taking pain medicines

If you have any questions, please call us at 262-652-4400