

CONSTIPATION

The body gets rid of waste through bowel movements. Every person has a pattern that is normal for them, whether the person moves their bowels once a day or every three days. The bowel movements should be soft, formed and it should not hurt or cause bleeding.

If a person has a bowel movement (stool) less often than usual, then they may become **constipated**. Constipation occurs when too much water is absorbed from the stool in the intestine and the stool becomes hard and dry. Constipation can often be prevented by increased fluid and fiber intake.

Symptoms of Constipation:

- Less frequent bowel movements (fewer than usual pattern)
- Stools that are hard, dry, pebble-like, or difficult to pass
- Grunting or straining during bowel movements
- Swollen belly
- Belly tenderness
- Increased gas, either flatus or burping
- Decreased appetite
- Small amounts of liquid stool (liquid stool leaking around hard stool)

What causes constipation?

- Decreased fluid intake
- Some medications, especially antipsychotics, muscle relaxants or pain medications
- Drug toxicity
- Decreased physical activity like walking
- Neuromuscular disease, such as cerebral palsy
- Physical deformities that affect the intestine
- Not enough fiber in the diet
- Changes in toileting routines
- Stress
- Obstruction in the intestine

WHAT SHOULD YOU DO?

Call 911 if the person appears:

- Gravely ill
- Gray in color
- In severe pain
- Has large amounts of blood in their stools

In other situations:

- Consult a nurse or health care consultant.
- If the individual is sick, call the health care provider.
- If the person is constipated, increase fluid, dietary fiber, and exercise.
- Check their bowel pattern over the past few days. If the person has only had small movements over the past few days, they may need a laxative (stool softener). Consult their health care provider or their routine orders for laxatives.
- Notify your health care provider if there are no results from laxatives.
- Notify your nurse/health care consultant/health care provider if the person is constipated more than twice per month.
- Tell other care takers what you know and see.
- Write down what you see.

