

You can reach us at:

This information is also available at:
www.BristolHospice.com



Constipation Management

If these techniques below are unsuccessful, please call Bristol. **We want to help!**

The goal is for your loved one to not experience constipation.

This means:

1. A bowel movement at least every three days or in accordance with their normal routine.

How to identify your loved one might be experiencing constipation:

- Encourage open communication about bowel movements.
- Ask frequency and what is normal for your loved one.
- Consider keeping a bowel movement for tracking bowel function.

How to identify if your loved one is experiencing constipation if they are not able to tell you of their discomfort:

- It has been longer than 3 days since their last bowel movement
- They are utilizing pain medications
- Abdominal pain, bloating or cramps
- Decreased appetite
- Last bowel movement was small and hard
- Lethargy

How to help your loved one if they are experiencing constipation:

1. Non-medication related:

- a. Warm tea or decaffeinated coffee or warm drink of choice
- b. Prune juice
- c. Increasing fiber intake
- d. Encourage attempting bowel movement soon after waking
- e. Take a walk, if able
- f. Increase water intake
- g. Try taking a nap, then trying again after napping



2. Medication related:

- a. Constipation medications as ordered by physician
- b. Constipation medication common side effects include:
 - i. Nausea
 - ii. Vomiting
 - iii. Diarrhea
 - iv. Stomach cramps

If your loved one experiences side effects, please contact Bristol, we want to help.

Comments: _____

