

# Constipation

Constipation is a significant decrease in a person's normal number of bowel movements. Constipation may also include the difficult passage of stools. Occasional constipation is very common. Constipation may be caused by many factors including:

## SYMPTOMS:

- Less than normal number of bowel movements per week
- Lumpy or hard stools
- Straining during a bowel movement

## SELF-CARE MEASURES:

- Eat high fiber foods combined with increased fluid intake
- Aim for 25 grams of fiber per day
  - High fiber foods include raw fruits and vegetables; whole grains like oatmeal, bran, whole-wheat, and popcorn; and nuts/seeds
  - Use fiber supplements containing Psyllium
- Drink 1.5-2.0 liters (50-68 ounces) of non-alcoholic/non-caffeine fluids per day
- Use an over-the-counter stool softener containing Docusate Sodium (Colace®)
- Use an over-the-counter laxative containing polyethylene glycol (PEG) (Miralax®)
- Avoid frequent use of stimulant laxatives such as Ex-Lax®, Correctol®, Dulcolax®, and Feen-a-mint®.