

Constipation

Thank you for choosing to be treated at BNE.

Your doctor is satisfied that you are well enough to go home. This information sheet will provide you with additional information to assist you with further recovery.

Prevention

Your constipation may reoccur and it is important that you establish what caused it and change your diet/lifestyle accordingly to prevent this becoming a chronic problem.

The following measures will help prevent this reoccurring:

- Drink plenty of water
- Increase the amount of fibre in your diet (pear, prunes, *Metamucil*)
- Exercise regularly
- Avoid codeine based medication
- Go to the toilet when you feel the urge.

What is constipation?

Constipation occurs when the bowel motions are hard, dry and difficult to pass. Straining occurs and occasionally you may have slight bleeding from a small tear in your anus especially when passing hard stool.

Constipation is a common problem and affects 1-in-5 people.

Causes

- Not drinking enough water
- Diet low in roughage (fibre)
- Lack of exercise
- Medication such as analgesics (codeine, endone) that is taken for an extended period of time
- Overuse of laxatives
- Waiting too long to go to the toilet (particularly in children)
- Change in routine
- Pregnancy
- Advanced age.

Symptoms

- No bowel movement for several days
- Straining and pain when passing a hard motion
- Cramping abdominal pain
- Bloating and flatulence
- Nausea
- Not feeling hungry.

Treatment

Oral

- Laxatives such as *Oral Fleet, Lactulose, Coloxyl, Senna, Agarol, Movicol.*

Rectal

- Suppositories such as glycerine or *Durolax.*
- Enemas such as *Microlax* or *Fleet.*

It is normal for you to continue to have loose bowel motions for a few days following your treatment for constipation. It is important that you **do NOT** take any medication to stop these loose motions.

Please call us or return to **BNE** if you have any concerns.

Alternatively, your GP will have received information regarding your visit to **BNE** and can address any concerns you may have.

Please come back to see us for your follow-up care and treatment.

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Located between The Prince Charles and St Vincent's Private Hospital Northside.