

HEALTH REALLY MATTERS

Constipation: An Irregular Concern

Quick Facts about Constipation

- Constipation is when you have difficulty having a bowel movement (passing stool).
- Each person might have a different frequency of bowel movements. Some people might pass stools once or twice a day while others may go regularly three times a week. Know your regular routine.
- People over age 65 are more likely to have constipation.
- Some medical conditions or medicines can cause constipation.

You can help to manage constipation with these healthy habits

- Drink plenty of fluids, at least 6 – 8 glasses of water daily.
- Eat plenty of fruits, veggies and whole grains which are high in fibre.

- Schedule time each day for a bowel movement.
- Try to slowly increase your activity level. Regular exercise can help your bowels to move.

Laxative options

- Fibre supplements can be added to your diet to help keep you regular:
 - Metamucil, Prodiem, Psyllium husks
- Osmotic laxatives draw fluid into your intestines to help make stool easier to pass:
 - PEG 3350 (RestoraLAX, Lax-a-day)
 - Lactulose
 - Milk of Magnesia
- Stimulant laxatives increase the movement of stool through the intestines:
 - Sennosides (Senokot, Ex-lax)
 - Bisacodyl (Dulcolax)

Talk to your pharmacist about choosing the best laxative for you. Most laxatives should not be used for longer than two weeks without talking to a health care professional.



MEDICINE CENTRE
PHARMACY

Your Pharmacist can

- Support you with lifestyle changes to manage constipation.
- Identify if any medications you take might be the cause of constipation.
- Recommend a safe and reliable laxative based on your symptoms.
- Review your symptoms and suggest when you should see your doctor as things may be more serious.

Find more great information and tools here

Canadian Digestive Health Foundation:
<http://goo.gl/30VKYB>

HealthLink BC: <http://goo.gl/PUrm6H>

Dietitians of Canada – Fibre Facts:
<http://goo.gl/9XBXVS>

Notes: