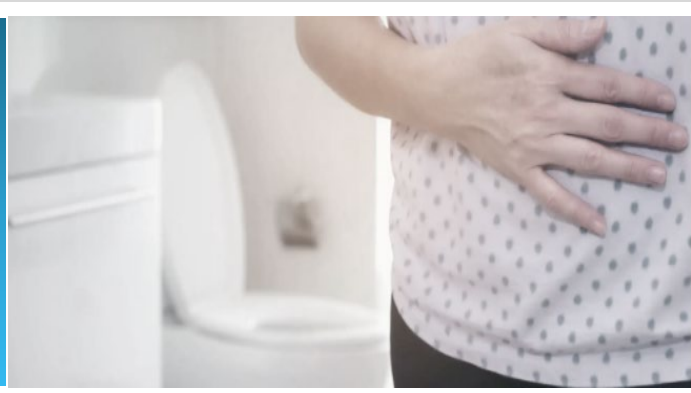


# HOPE HEALTHCARE and HOSPICE

## Caregiver tips for CONSTIPATION



Constipation is a decrease in the frequency of passage of well-formed stools and is often characterized as stools that are hard, small, and difficult to pass. Patients near the end of life frequently suffer from Constipation. Cancer patients may have the highest experience with Constipation at some point during their disease. Constipation affects a patient's quality of life and causes physical, social, and psychological distress, impacting their caregivers.

### Symptoms of Constipation:

- Bloating
- Abdominal Distention
- Increased Gas
- Oozing Liquid Stool
- Rectal Pain or Pressure
- Rectal Pain with BM
- Inability to Pass Stool

### Medications that cause Constipation:

- Morphine
- Oxycodone
- Phenergan
- Paxil
- Levodopa
- Iron Supplements

### Management for Constipation:

- Adequate fluid intake
- Physical Activity
- Limit alcohol and sodas
- Eat high fiber foods, as tolerated (bran flakes, raspberries, apples, peas, beans, broccoli)
- Take a laxative or stool softener, as instructed by your hospice nurse or doctor

It can be helpful to keep track of your bowel movements. (size/type)

Questions or concerns about Constipation?

Call our hospice nurse at (337) 703-4674 or visit our website at [www.hope-hospice.com](http://www.hope-hospice.com).

