

A photograph showing a person from the waist down, wearing dark blue pants and a watch, using a silver metal walker with wooden handrails. The person is standing in a bathroom next to a white toilet with the lid up. A roll of white toilet paper is on a holder to the left. The wall has a patterned wallpaper with blue and red floral designs.

Constipation is when a person cannot easily have a bowel movement (BM).

Constipation can be caused by many things, especially pain medications such as morphine, oxycodone, hydrocodone and hydromorphone. This may lead to unnecessary discomfort.

Signs of constipation include:

- Bloating, cramping, belly feeling full, hard, or painful
- Having BMs less often, painful BM
- Small or hard BM, unable to pass BM, or small liquid BM

To help manage constipation you can:

- Drink more water and warm liquids, as tolerated
- Limit alcohol and sodas
- Eat high fiber foods, as tolerated (raspberries, pears, apples, barley, bran flakes, peas, black beans, broccoli)
- Take a laxative or stool softener, as ordered

If you have not had a BM in _____ days or if you have any of these signs of constipation PLEASE call your hospice nurse at 513-891-7700.

Questions or concerns?

Call a hospice nurse at 513-891-7700.



