

## Constipation

Constipation is a condition of the digestive system that occurs when stool becomes hard inside the bowel and/or is difficult to expel.

**Some of the causes may be:**

- Not drinking enough water
- Not enough fiber in the diet
- Certain medications
- Lack of activity
- Slowing down of the digestive system due to aging
- Certain illnesses such as Parkinson’s disease and diabetes

It is important to have regular bowel movements even when eating only small amounts of food. Work with the Tidewell team to come up with a proactive plan to prevent constipation or to treat it effectively. Tell Tidewell about all over-the-counter medications being used as well as prescription medications.

**Some examples of interventions that can prevent or treat constipation:**

- Prune juice
- Stool softeners
- Laxative tablets
- Laxative liquids
- Fiber powders added to drinks
- Suppositories
- Enemas

Early detection of constipation allows for less invasive interventions and avoids possible future discomfort. Talk to the Tidewell team about bowel habits

**Notes to discuss with the nurse:**

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**Call Tidewell if the constipation is not relieved or getting worse**  
**(855) 843-3935:** \_\_\_\_\_