



Signs and Symptoms

Constipation is a condition where you may have:

- Hard, dry, or lumpy stool
- Three or fewer bowel movements a week
- Difficult or painful to pass stool that may look like the stool types below

Bristol Stool Chart DrJockers.com

- | | | |
|--------|--|---|
| Type 1 | | Separate hard lumps, like nuts (hard to pass) |
| Type 2 | | Sausage-shaped but lumpy |

Images Credit: <https://drjockers.com/>

Who We Are

Huntridge Family Clinic

"The Mission of the Huntridge Family Clinic Foundation is to provide individualized high-quality care and compassionate care, regardless of gender, race, religion, sexual orientation or sexual identification. We seek to transform access to care by providing exceptional healthcare for the LGBTQ and Allied communities."

Contact Us

1830 E. Sahara Ave. Suite 201
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(702)-979-1111

www.huntridgefamilyclinic.org

Hours of Operation

Monday: 9am-5pm
Tuesday: 9am-5pm
Wednesday: 9am-5pm
Thursday: 9am-5pm
Fridays: PrEP walk-in 10am-4pm

Source for information: <https://www.niddk.nih.gov/health-information/digestive-diseases/constipation/symptoms-causes>. Accessed 08/12/18.
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Constipation

What you need to know





Causes

Constipation may be by caused by medicines or health problems. Some causes are:

- Antacids that contain aluminum and calcium
- Irritable bowel syndrome (IBS)
- Not consuming enough liquids or fiber
- Spironolactone, a medicine that is part of a gender affirming care regimen

Image credit:
<https://www.pinterest.com/1GreenPlanet>

It is recommended to consume	
20-30 grams of fibre every day <ul style="list-style-type: none"> • Lots of fruits and vegetables • Whole grain bread, cereal, pasta • Nuts and seeds 	
Proven Pre and Probiotic supplements and foods <ul style="list-style-type: none"> • Yogurt, kefir • Bananas • Honey 	
Drink lots of water <ul style="list-style-type: none"> • 8-10 glasses a day, which can be water, juices, milk, soup, etc. 	

Lifestyle Changes

Changing your diet can make your stools softer and easier to pass. Here are some helpful tips:

- Drink plenty of water
- Eat more high-fiber foods, around 25-31 grams of daily fiber for adults
- Get regular physical activity. Make it a habit!

Image credit: <https://www.nexjhealth.com>

Medications

The good news is that we can use medications to treat constipation

- Bulk laxatives can contain



psyllium or cellulose and increase stool mass and soften the stool

- Osmotic laxatives such as



polyethylene glycol cause more water into the intestines, which makes it

- easier to pass stool
- Ask your prescriber or pharmacist for recommendations

Image credit: iHerb.com, CBS.com

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