

## To treat your constipation, your health care provider is recommending:

Eating more fibre: \_\_\_\_\_

Drinking more water: \_\_\_\_\_

Increasing your physical activity: \_\_\_\_\_

Medication: \_\_\_\_\_

Name of medication: \_\_\_\_\_

Dose of medication: \_\_\_\_\_

Directions for use: \_\_\_\_\_

Other important notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_  
**Patient**

\_\_\_\_\_  
**Health care provider signature**

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Driven.

## Your health care provider has diagnosed you with: **CONSTIPATION.**

Constipation means that you are having trouble passing stools and might not be having bowel movements very often. You might experience cramps and your stools may also be very hard.

### Your constipation may be caused by:

- Medications: \_\_\_\_\_
- Other medical conditions: \_\_\_\_\_
- No known cause: \_\_\_\_\_
- The types of food you eat: \_\_\_\_\_
- Lack of physical activity: \_\_\_\_\_

## There are many treatments for constipation.

If you are older, or taking a type of medication for pain called opioids, your health care provider will likely not recommend stool softeners — even though they have been a common medication for people with constipation. Medical research shows that stool softeners don't work in older people or people taking opioids. Whether stool softeners are helpful to treat constipation in other patients is uncertain. If you have questions about stool softeners or other treatments for constipation, please speak to your health care provider.