

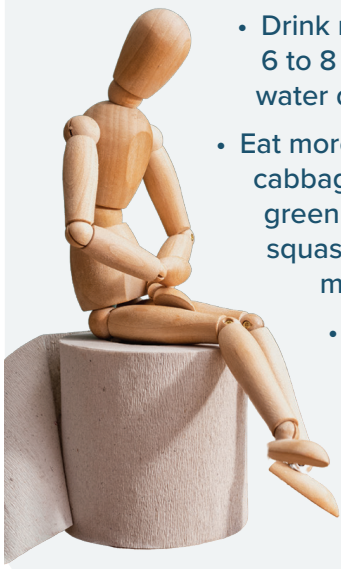


## MANAGING CONSTIPATION

Constipation occurs in 40-70% of cancer patients and is due to a number of reasons. Preventing constipation is usually easier than treating constipation.

### WAYS TO TRY TO PREVENT CONSTIPATION

- Take **Miralax 17g** 1-2 times daily; OR
- Take **Docusate** (stool softener)– up to 2 tablets 3 times a day (the store brand or generic is OK); OR
- Take **Docusate** and **Senna** (laxative and stool softener together) – start with 2 tablets at bedtime; may take up to 8 tablets in 24 hours if needed.
- Drink more water (the goal is 6 to 8 eight ounce glasses of water daily)
- Eat more fiber – bran, broccoli, cabbage, raspberries, leafy green vegetables, celery, squash, beans, oranges and mushrooms.
- Get up and move, walking will help get your bowels moving.



### WAYS TO TREAT CONSTIPATION

- No bowel movement in 2 days (continue your prevention medications listed under prevention)
- **Milk of Magnesia (laxative):** 30-60ml 1-2 times daily
- **OTHER LAXITIVES**
- **Bisacodyl:** 5-15mg once a day – you may also use the suppository if your provider says it is OK
- **Senokot:** 2 tablets twice a day, may take up to 2 tablets four times a day
- **Senokot-XTRA:** 1 tablet once a day, may take up to 2 tablets twice a day
- **Magnesium Citrate:** ½ - 1 bottle, you can repeat if no results
- **There are stronger medications that can be used, if you have tried the suggestions above and are still not able to have a bowel movement, please call your Nurse Case Manager.**