



# 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.

It can be helpful to keep track of how often and size/type of bowel movement (see back).

**Questions or concerns?**

Call a hospice nurse at 513-891-7700.



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