



PATIENT INFORMATION

Constipation

Constipation can occur for a variety of reasons such as your treatment, medication that you are taking, dietary intake and changes in your eating habits.

The following points will give you some ideas to help alleviate the problem and prevent further constipation:

- If you are eating less than normal, you may experience constipation. Ask your health care professional for advice on increasing your food intake.
- Increase your fluid intake. Aim to take at least 8-10 cups of fluid daily (water, juice, squash, herbal tea, coffee, tea, milk etc.).
- Take some light exercise if you are able to.
- Increase your dietary fibre intake, foods rich in fibre include:

fruit (fresh, tinned or dried)
vegetables
wholemeal bread
brown rice
whole-wheat pasta
pulses (beans and lentils)

nuts
fruit cake and oatcakes
jacket potatoes
high fibre crackers
prunes or prune juice
high fibre cereals for example Weetabix®,
All-Bran®, muesli, Branflakes®

- Gradually increase your fibre intake over a few weeks, and ensure that your fluid intake also increases, otherwise you may remain constipated.
- Do not use unrefined/pure bran as this can stop your body from using other important nutrients.
- If the constipation continues, tell your doctor or nurse, who will prescribe a laxative.

Given by..... Contact Number.....