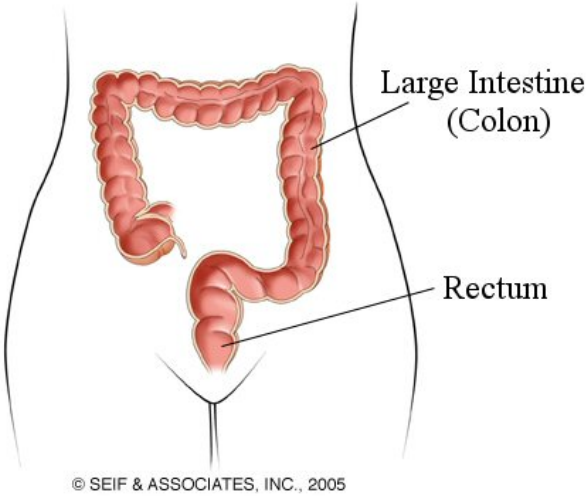
Constipation

Constipation is when you poop (have a *bowel movement*) less than 3 times a week. Sometimes the poop (*stool*) is small and hard. There are many different causes of constipation.



HOME CARE

- Go to the bathroom when you feel the urge to go.
- Drink more water.
- Eat more high-fiber foods.
- Drink prune juice or eat stewed fruits in the morning.
- Get more exercise.
- Ask your doctor if you should use laxatives or take fiber supplements.

CAUSES

- You do not go to the bathroom right away when you feel the urge.
- You do not drink enough water.
- You use laxatives too much.
- You do not eat enough high fiber foods such as fruits and vegetables.
- You do not get enough exercise.
- You are taking a medicine that might cause constipation.
- You use enemas too often.

GET HELP RIGHT AWAY IF:

- You see blood in your stool or in the toilet.
- Your belly gets hard and swollen.
- You keep throwing up.
- You have a lot of pain.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

Easy-to-Read style based on content from Parkland Health & Hospital System, Dallas, Texas

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