Constipated From Medication? What You Need to Know

Did you know?

Medication-related constipation is one of the most common causes of secondary constipation.

A large study found that about:

11% of cases of treated constipation are **medication-related**

Understanding Medication-Related Constipation

Constipation includes experiencing at least 2 of the following symptoms:

- [x] 3 or fewer spontaneous bowel movements per week
- [x] Straining during defecation
- [ ] Sensation of incomplete evacuation or blockage
- [ ] Using manual maneuvers to facilitate a bowel movement
- [x] Hard or lumpy stools

Why Does This Matter?

Constipation due to medication can lead to more severe health issues:

- Increased risk of heart attack and stroke
- Poor medication adherence
- Hemorrhoids
- Anal fissures
- Rectal prolapse
- Depression

Common Culprits:

1. Opioids & Pain Medication
2. Anticholinergic Medications
3. Mental Health & Neurologic Medications
4. Cardiovascular Medications
5. Supplements & Over-the-Counter Products
6. GLP1 RA Medications







Strategies for Relief



Increase Fibre Gradually



Hydration



Routine and Positioning



Physical Activity



Medication Adjustments

You can also try... OTC Laxative support

Osmotic
Works by drawing water into the bowel to soften stool

Stimulant
Can be used in addition to an osmotic laxative 2-3 times a week

Other medications
Talk to your doctor about other prescription medications that are available

When to Consult a Healthcare Provider

Talk to your doctor if you experience symptoms like:
Rectal bleeding - Iron deficiency anemia - Unintentional weight loss - Fever

For the complete article, visit: https://cdhf.ca/en/constipated-from-medication-causes-treatments-what-to-know/

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