

# RADIATION ONCOLOGY

## CONSTIPATION



Bowel function is affected by activity, diet, and some prescription medications, often leading to constipation. Constipation occurs with lack of movement of the large intestine, resulting in infrequent elimination and/or hard, dry feces. Bowel movement should occur approximately every two to three days.

**Should any of the following occur, using a bowel regimen may help.**

1. Bowel movement fewer than three times a week.
2. Hard, formed stool.
3. Prolonged or difficult defecation.

**Suggested laxatives:**

1. Senokot®, Senokot-S® (w/ softener)
2. MiraLax®
3. Milk of Magnesia
4. Dulcolax® (Bisacodyl)
5. Smooth Move® Herbal Tea

If no results from above suggestions or are unsure about what to do, please contact your doctor or nurse.