

# MANAGING CONSTIPATION

Constipation happens when your bowels do not move regularly, causing stools to become hard and difficult to pass. It may be a symptom of the cancer itself, a side-effect from chemotherapy which modifies the lining of your intestine and makes you unable to pass motion. It may also be a side effect of the medications used to manage pain.

- ✓ **Ensure Adequate Hydration:**  
Aim for six to eight glasses of water a day if you are not on any fluid restriction



- ✓ **Reduce Your Intake of Drinks that are High in Caffeine:**

These drinks can cause dehydration which hardens your stools. Examples: Cola drinks, coffee, tea, energy drinks



- ✓ **Beverages to Help with Easier Bowel Movement:**  
Prune juice and pear juice

- ✓ **Increase Your Intake of High-fibre Foods:**

Have more fresh and dried fruits, vegetables, oats, wholegrain breads and biscuits, brown rice, nuts and seeds.



- ✓ **Speak to Your Doctor:**  
Your doctor will prescribe suitable medications to help your constipation.



- ✓ **Increase Your Physical Activity as Tolerated:**

Go for a walk, climb the stairs, go for a light jog.



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