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.



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

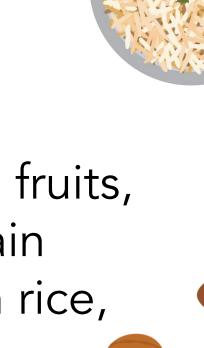


✓ B E P

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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