

## WHAT YOU CAN DO

### Opioid-Induced Constipation

Some pain medicines can make you constipated. Being constipated is when you only have a bowel movement (BM) about 2 times a week.



Drink at least 8 glasses of water every day.

#### Here's what you can do to help your constipation.

- Drink at least 8 glasses of water every day.
- Do not eat foods with a lot of fat.
- Do not eat foods with a lot of sugar.
- Walk or exercise at least 30 minutes a day.

#### When You Get the Urge – Go!

- When you feel like you need to go to the bathroom, go!
- Don't hold it until you get home.

#### Call Your Doctor's office right away if you:

- Have diarrhea.
- Have stomach pain.
- Have nausea or vomiting.
- Feel confused.
- Still can't move your bowels.



Eat more foods with fiber.

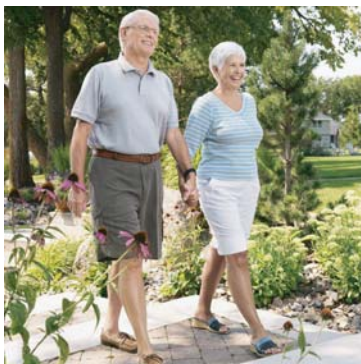
#### Eat 25-30 grams of fiber every day. How much is that?

Food	How much fiber?
Black beans	1 cup has 15 grams of fiber
All Bran cereal	1/2 cup has 10 grams of fiber
Corn	1 cup has 4 grams of fiber
Oatmeal	1 cup has 4 grams of fiber
Banana	1 medium has 3 grams of fiber
Whole wheat bread	1 slice has 2 grams of fiber

Ask your doctor what medicines may help you make a bowel movement.

#### Things to ask your doctor's office or clinic about constipation:

- How serious is constipation? \_\_\_\_\_
- What medicines can I take to move my bowels? \_\_\_\_\_
- What are the side effects of medicines that help me move my bowels? \_\_\_\_\_
- Is it safe to use a laxative from the drugstore to help move my bowels? \_\_\_\_\_
- Will the constipation go away on its own? \_\_\_\_\_
- Will the constipation keep coming back? \_\_\_\_\_



Walk or exercise at least 30 minutes a day.

