**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.

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

<table>
<thead>
<tr>
<th>Food</th>
<th>How much fiber?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Black beans</td>
<td>1 cup has 15 grams</td>
</tr>
<tr>
<td>All Bran cereal</td>
<td>1/2 cup has 10 grams</td>
</tr>
<tr>
<td>Corn</td>
<td>1 cup has 4 grams</td>
</tr>
<tr>
<td>Oatmeal</td>
<td>1 cup has 4 grams</td>
</tr>
<tr>
<td>Banana</td>
<td>1 medium has 3 grams</td>
</tr>
<tr>
<td>Whole wheat bread</td>
<td>1 slice has 2 grams</td>
</tr>
</tbody>
</table>

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? ________________________________