Constipation refers to very hard stools or bowel movements that are hard to pass.

You may also:
• Need to strain
• Feel like you did not completely empty your bowels
• Have cramping, pain, bloating, or nausea

Each person is different, but most people pass stools from 3 times each day to 3 times each week. As long as the stool is soft and easy to pass, you are not constipated.

Causes of Constipation
• A diet that is high in fat and sugar or low in fiber
• Not drinking enough liquids
• Being inactive
• Not going to the toilet when you have the urge to pass stool or have a bowel movement
• Some medicines
• Overuse of laxatives

To help prevent constipation:
• Drink at least 8 to 10 cups of liquids each day. Warm or hot drinks may help your bowels move more easily.
• Eat high fiber foods such as bran cereal, whole grain breads, raw vegetables, fresh or dried fruits, nuts, and popcorn. Fiber helps move stool through your body.
• You may want to limit cheeses, chocolate, and eggs because they may worsen constipation.
• Drink prune or apple juice to help soften stools.
• Exercise to help your bowels move more easily. Walking works well.
• Go to the toilet when you have the urge to have a bowel movement.
• Check with your doctor before using any over the counter laxatives or enemas. Your doctor may suggest a stool softener or a bulk laxative. If you are not getting the results you want, talk to your doctor.

Talk to your doctor or nurse if you have any questions or concerns.

• दिसालाई नरम बनाउनको लागि पुन वा स्याउको रस पिउनुहोस्।
• तपाईंको आन्द्रालाई अझ सजिले सार्न महत गर्न व्यायाम गर्नुहोस्। हिंदुदा राख्रो काम गर्नुहोस्।
• जब तपाईंलाई दिशा गर्ने इच्छा हुन्छ तब शोचालय जानुहोस्।
• कुनै पनि खुद्रा ल्याक्टेटिभ्स वा एनीमा प्रयोग गर्नु अधि आफ्नो डाक्टरसँग जाँव गर्नुहोस्। तपाईंको डाक्टरले स्टूल सफल्नार वा बल्क ल्याक्टेटिभ सुझाव दिन सक्छ। यदि तपाईंले चाहनु भएको परिणामहरू प्राप्त गर्नुभएन भने, आफ्नो डाक्टरसँग कुरा गर्नुहोस्।

यदि तपाईंका कुनै प्रश्नहरू वा सरोकारहरू छन् भने आफ्नो चिकित्सक वा नर्ससँग कुरा गर्नुहोस्।