

# Constipation Pain



When you think about pain, do you include constipation? Constipation can feel like fullness, nausea, and abdominal or back pain. Constipation can also cause burning from torn skin, muscles, and blood vessels of the rectum.

The care team at Good Samaritan South Ridge Village introduced daily Fruit Lax along with scheduled hydration rounds. Within one month, two neighborhoods reduced suppositories by 50%, and there was less distress expressed through calling out.

## To prevent and reduce constipation:

- Support hydration throughout the day.
- Ask your pharmacist to identify medications with [anticholinergic effects](#).
- Involve prescribers and families in shared decision-making conversations to reduce [medications which dehydrate or slow down the bowels](#).
- Maintain mobility to support independence and bowel function.
- Sitting up and raising the knees with a footstool or pedals helps the body release waste.
- Use the [Bristol Stool Chart](#) to report signs of overflow diarrhea or constipated stool.

## Looking for more resources? Check out:

- InterRAI Clinical Assessment Protocols, March 2008, CIHI, pp. 166-171
- [A Proactive Approach to Bladder and Bowel Management in Adults: Best Practice Guidelines](#)