



# CONSTIPATION

 **24%** older adults in the community

 **50%** living in an institution

 Affects almost twice as many women as men

## REMEMBER

people's definitions vary

a good

**HISTORY**

is key

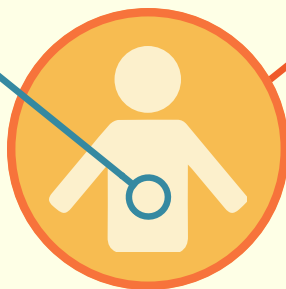
ask



frequency  
straining  
consistency

## Complications

- Urinary retention
- Overflow diarrhoea
- Faecal impaction
- Bowel obstruction
- Rarely bowel perforation



## Quality of life

Impacts other areas of life including:

mobility 37 %

mood 44 %

recreation 47%

enjoyment of life 58 %

## Management





### Diet

- 30-40g fibre/day
- Fruits high in sorbitol
- Adequate fluid intake

### Toileting

- Regularly after meals
- Optimise positioning
- Ensure enough privacy

### Laxatives

-  Bulk-forming      fybogel
-  Osmotic              lactulose  
                                 macrogols  
                                 phosphate enemas
-  Stool softener      docusate  
                                 (also a stimulant)
-  Stimulant              senna  
                                 bisacodyl

