

## CONSTIPATION

### ABOUT CONSTIPATION

Constipation (going poo less often, having difficulty passing poo) is common for people with cancer. Constipation may be caused by cancer, cancer medications and treatments, not drinking or eating enough, or stress.

### TIPS FOR MANAGING CONSTIPATION

- Drink lots of fluids to help keep your poo soft.
- Eat foods that are high in fibre, such as vegetables, fruit, whole grains, and legumes (beans, peas, lentils).
- Slowly increase the amount of these foods that you eat. Make sure to drink lots of water too.
- Prunes, prune juice, papayas, pears, apples, and dried apricots may help you go poo.
- Do some light exercise or stretching after eating.

### CONTACT YOUR HEALTH CARE PROVIDER IF:

- You are going poo less than normal.
- You see bright red blood in your stool.
- You have very dark or black stool.

Sometimes, a doctor may recommend stool softeners or laxatives to help you manage constipation. Ask your health team for more information about taking these medications.



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