

What if...

you get constipated?

What is constipation?

Constipation causes your colostomy to work less frequently than usual, and your stoma output becomes drier and harder.

What can cause colostomy constipation?

- *Medication, particularly pain relief containing morphine or codeine, antidepressants, iron supplements, calcium supplements, indigestion remedies and water tablets are amongst the most common culprits*
- *Inadequate fluid intake or dehydration*
- *Inadequate amounts of natural soluble fibre in your diet*
- *Change of routine or eating pattern*
- *Anxiety or stress*
- *Lack of exercise.*

Hints and tips

- *Do not stop taking your prescribed medication*
- *Increase the fluid intake, particularly water and pure fruit juice. Especially during hot*
- *Increase your intake of natural soluble fibre such as fresh fruit, vegetables oats,*
- *Trial and error, try to find out what works for you*
- *Eat regular meals*
- *Try to avoid stress, or develop ways of coping with stress and anxiety*
- *Inactivity after illness or surgery can add to the problem of constipation*
- *Do not take laxatives or herbal remedies without first seeking professional advice*
- *Constipation should never be ignored, as it can be a contributory*