



**GastroDoxs**  
— defenders of the digestive system —

# Constipation

**A Practical Guide For Patients**

832-632-4070

[info@gastrodoxs.com](mailto:info@gastrodoxs.com)

# TABLE OF CONTENTS

- 01** Introduction
- 02** What Causes Constipation?
- 03** Symptoms
- 04** Diagnosis
- 05** Diet
- 06** Medications
- 07** Therapies
- 08** Coping
- 09** FAQs
- 10** Take Action



# Introduction: Constipation

Constipation is a common digestive condition characterized by infrequent, difficult, or painful bowel movements. It occurs when stool moves too slowly through the digestive tract, leading to dry, hard stools and discomfort. Factors contributing to constipation include a low-fiber diet, dehydration, lack of physical activity, medications, and certain medical conditions. It can range from occasional mild discomfort to chronic symptoms that significantly affect daily life. If left untreated, constipation can lead to complications such as hemorrhoids or impacted stool.

Managing constipation often involves lifestyle changes, dietary adjustments (increased fiber and water intake), physical activity, and medications to promote regular bowel movements. Chronic constipation may require medical intervention to address underlying conditions and prevent long-term complications.

## Key Takeaways

- Constipation affects bowel movements, comfort, and overall well-being.
- Management typically includes dietary changes and increased fluid intake.
- Personalized treatment plans are essential for long-term relief and improved digestive health.
- Exercise can help stimulate regular bowel movements.



**GastroDoxs**  
— defenders of the digestive system —

# What Causes Constipation?

## Known Causes

- Low-fiber diet (e.g., processed foods)
- Dehydration (due to inadequate fluid intake)
- Lack of physical activity (sedentary lifestyle)
- Medications (e.g., painkillers, antidepressants)
- Irritable bowel syndrome (IBS)
- Stress (physical or emotional)
- Hormonal changes
- Food intolerances
- Colon disorders
- Anal fissures
- Diabetes
- Hypothyroidism
- Aging
- Pregnancy
- Sedentary lifestyle
- Overuse of laxatives



# Common Signs & Symptoms

Common signs and symptoms of constipation include infrequent bowel movements, difficulty passing stool, and a feeling of incomplete evacuation. Individuals may also experience abdominal discomfort, bloating, and straining during bowel movements.

## Core Symptoms Include:

- Infrequent bowel movements
- Difficulty passing stool
- Abdominal discomfort or pain
- Bloating
- Hard or lumpy stools



## Severe cases can also cause:



- Fecal impaction
- Difficulty passing stool
- Rectal bleeding Chronic
- abdominal pain
- Persistent bloating
- Unexplained weight loss



**GastroDoxs**  
defenders of the digestive system

# Diagnosis & Medical Testing

Diagnosis and medical testing for constipation begin with a review of symptoms, medical history, and a physical exam. Your doctor may order blood tests to check for underlying conditions like thyroid disorders or electrolyte imbalances. Imaging tests, such as an abdominal X-ray or colonoscopy, may be used to rule out structural issues.

## Diagnostic Tools

- Physical exam
- Blood tests
- Stool tests
- Colonoscopy
- Imaging tests (abdominal X-ray, CT scan)
- Anorectal manometry
- Colon transit study
- Barium enema





# Diet

Constipation can affect bowel movements, comfort, and overall well-being. Adjusting your diet and lifestyle is often essential for managing symptoms effectively.

## Key Insights

- Eat high-fiber foods (fruits, vegetables, whole grains)
- Drink plenty of water
- Avoid processed and fatty foods
- Limit dairy products (if they cause discomfort)
- Increase physical activity
- Avoid large meals, especially before bedtime



**GastroDoxs**  
— defenders of the digestive system —

# Medications & Treatment Options

Medications for constipation include fiber supplements, stool softeners, laxatives, and prokinetic agents. Treatment depends on the underlying cause and severity of symptoms.

## Treatment Options

- Lifestyle changes
- Dietary modifications
- Fiber supplements
- Stool softeners
- Laxatives
- Biofeedback therapy
- Colon hydrotherapy



**GastroDoxs**  
— defenders of the digestive system —

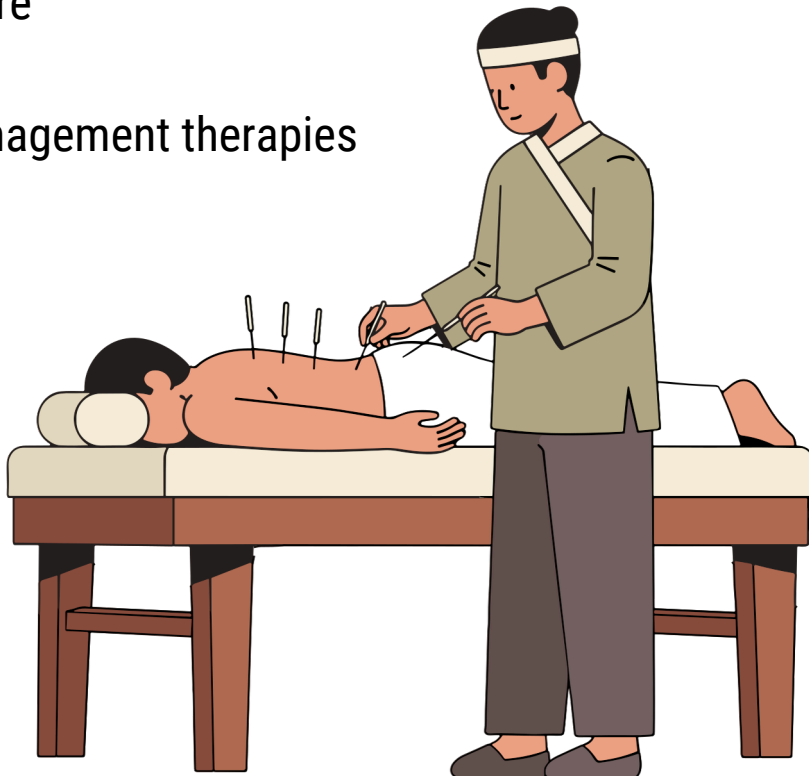


# Advanced Therapies & Procedures

Advanced therapies for constipation may include diagnostic imaging, medication adjustments, or surgical interventions for severe cases, such as colectomy or rectal prolapse repair.

## Therapy Options

- Cognitive Behavioral Therapy (CBT)
- Biofeedback Therapy
- Physical Therapy (for pelvic floor and movement)
- Mindfulness and relaxation techniques
- Acupuncture
- Stress management therapies



**GastroDoxs**  
— defenders of the digestive system —

# Coping With Constipation

Coping with constipation involves increasing fiber intake, staying hydrated, managing stress, tracking bowel habits, and following medical guidance. Adhering to treatment plans can promote regular bowel movements and improve overall digestive health.

## Practical Strategies

- Eat high-fiber foods
- Drink plenty of water
- Increase physical activity
- Rest when needed
- Practice relaxation techniques
- Follow doctor's advice
- Avoid fatty foods
- Use stool softeners
- Manage stress
- Try probiotics
- Avoid processed foods
- Limit caffeine and alcohol



**GastroDoxs**  
— defenders of the digestive system —

# FAQS About Constipation



## **Q1: What is constipation?**

**A:** Constipation is a digestive condition characterized by infrequent, difficult, or painful bowel movements, often with symptoms like abdominal discomfort, bloating, and straining.

## **Q2: What are common causes of constipation?**

**A:** Common causes include a low-fiber diet, dehydration, lack of physical activity, certain medications, stress, and underlying conditions like irritable bowel syndrome (IBS).

## **Q3: When should I see a doctor for constipation?**

**A:** Seek care if constipation is persistent, severe, causes pain, or is accompanied by rectal bleeding, weight loss, or unexplained changes in bowel habits.

## **Q4: How is constipation diagnosed and treated?**

**A:** Diagnosis may include a review of symptoms, physical exams, blood tests, imaging, or colonoscopy. Treatment typically involves dietary changes, increased fiber and fluids, medications (laxatives, stool softeners), and in severe cases, surgery or other medical procedures.



# Take **Action**

If you experience CONSTIPATION symptoms, don't ignore them. Early diagnosis and treatment can prevent complications. Schedule a consultation with GastroDoxs for expert guidance on managing your digestive health.

Visit [GastroDoxs.com](https://GastroDoxs.com) to schedule an appointment and access more resources on digestive health.

**Your health matters take  
the next step today!**

**SCHEDULE AN APPOINTMENT**

**832-632-4070**

**[info@gastrodoxs.com](mailto:info@gastrodoxs.com)**



**GastroDoxs**  
— defenders of the digestive system —