



NYUCancerInstitute

P A T I E N T I N F O R M A T I O N

The side effects listed below are those that occur most frequently. Other side effects may occur; please contact your doctor or oncology nurse to report any medical problems.

Dose _____

CONSTIPATION

The following suggestions will help minimize constipation:

- a. Defecate immediately when you experience the urge.
- b. Increase the amount of high-fiber foods. This includes: whole grain products, bran, fresh raw fruit with skin and seeds, fresh raw vegetables, nuts, coconuts, corn, popcorn, raisins, dates, prunes and prune juice.
- c. Avoid cheese products, which may be constipating.
- d. Drink plenty of fluids. (*3 qts./day unless advised otherwise*).
- e. Keep up a normal level of activity.
- f. Use laxatives, suppositories and enemas when needed according to doctor's orders.
- g. Certain medications (*narcotic pain relievers for example*) may cause constipation. Discuss with your doctor possibility of chronic constipation as a side effect of medication.
- h. If no bowel movement in 2 days, take 2 Senekot at bedtime.
- i. If no bowel movement on day 3, take 2 Senekot in a.m. and p.m. with 30cc of Milk of Magnesia at night.
- j. If not effective the following day, call your physician.

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