

Identifying and treating constipation

Constipation can affect anyone and is a common challenge for people living with kidney disease. Constipation is when stool becomes uncomfortable or does not happen often enough.

Some of the reasons you may experience constipation include:

- /// Lack of exercise
- /// Low-fiber diet or smaller-portioned meals
- /// Limited fluid intake
- /// Medication effects

Symptoms

If your stool becomes hard, dry, and painful to pass, you're more than likely constipated. Here are some symptoms you may experience:

- /// Queasiness or nausea
- /// Abnormally small or large stools
- /// Changes in stool patterns
- /// Extra bloating or abdominal cramps
- /// Your stomach feeling fuller or firm

Tips to relieve constipation

Don't forget to include these helpful tips in your daily routine

- /// Exercise regularly
(with your doctor's approval)
- /// Maintain your recommended fluid intake
- /// Consume warm drinks after meals
- /// Eat a fiber-rich diet



Medications

that may cause constipation

- /// Iron supplements
- /// Phosphate binders
- /// Nausea and vomiting medications
- /// Painkillers (narcotics)
- /// Antidepressant medications
- /// Blood pressure medications

that may relieve constipation

- /// Stool softeners
- /// Laxatives
- /// Fiber supplements

Talk to your doctor or care team before starting any new medications.



WE ARE HERE FOR YOU

Your care team can help you—so reach out whenever you feel the need.