



## Constipation

Color index :

**Important**

Further explanation

[Editing link](#)

## Constipation:

Constipation is common symptom and it can refer to the infrequent passage of stools (fewer than three times per week), hard stools or stools that are difficult to evacuate

## Differential diagnosis:

<b>Drugs induced</b>	<ul style="list-style-type: none"><li>● Clonidine</li><li>● Antidepressants</li><li>● Antacids (aluminum- and calcium-containing)</li><li>● Calcium supplements</li><li>● Iron supplements</li><li>● (NSAIDs)</li><li>● Opiate analgesics</li></ul>
<b>Metabolic or endocrine diseases</b>	<ul style="list-style-type: none"><li>● Hypothyroidism</li><li>● Hypercalcaemia</li><li>● Hyperparathyroidism</li><li>● Diabetes mellitus</li><li>● Pheochromocytoma</li><li>● Hypokalaemia</li><li>● Hypomagnesemia</li><li>● pregnancy (late stage )</li></ul>
<b>Neurological disorders</b>	<ul style="list-style-type: none"><li>● Aganglionosis</li><li>● Autonomic neuropathy</li><li>● Multiple sclerosis.</li><li>● Chagas disease</li><li>● Hirschsprung disease</li><li>● Neurofibromatosis</li><li>● Parkinsonism</li><li>● Spinal cord tumor or injury</li><li>● Cerebrovascular accident</li></ul>
<b>Anorectal obstruction</b>	<ul style="list-style-type: none"><li>● Anal fissure</li><li>● Colon or rectal cancer</li><li>● Colonic polyps</li><li>● Fecal impaction</li></ul>
<b>Psychosocial</b>	<ul style="list-style-type: none"><li>● Depression</li><li>● Low-fiber diet</li><li>● Sedentary lifestyle</li><li>● Somatization</li></ul>
<b>Colorectal motility dysfunction</b>	<ul style="list-style-type: none"><li>● Slow transit constipation</li><li>● Constipation-predominant IBS</li><li>● Defecatory disorders</li><li>● Idiopathic chronic constipation</li></ul>

Chief complaint ( constipation )

Onset?	acute chronic : >3 month
if acute ?	are you able to pass gas? if no gas at all: <b>complete obstruction</b> do you have abdominal pain, vomiting or nausea ? <b>intestinal obstruction</b> previous surgery?adhesion → <b>obstruction</b>
if chronic?	1)sensation of incomplete evacuation? <b>IBS</b> 2)abdominal pain and bloating associated with bowel movement ? <b>IBS</b> 3) how is your appetite, sleep, mood, concentration, interest in thing? <b>Depression</b> 4)have you had any weight gain, decrease energy level, swelling in your legs? <b>hypothyroidism</b>
are your stools thin like a pencil	Narrowing of the distal colon, sigmoid, or rectum from colon <u>cancer or stricture</u>
Do you pass mucus?	IBS
Any blood in the stools?	Colon cancer, hemorrhoids, fissures, ulcers
Do you stain excessively on passing stool?	Occur with : Disorder of the pelvic floor muscles or nerve Anorectal disease ( fissure ,stricture )
Do you feel there may be a blockage at the anus area when try to pass stool ?	Defecatory disorder
Are you able to pass gas?	Failure to pass gas suggests complete intestinal obstruction
Do you ever press your finger in around the anus (or vagina) to help stool pass?	Defecatory disorder

Has your bowel habit changed recently?	could indicate malignancy
What were your bowel habits like before this episode?	<ul style="list-style-type: none"> <li>• Prior abnormal bowel habits: chronic condition progressing to complete intestinal obstruction</li> <li>• Bouts of constipation alternating with diarrhea: colon cancer, IBS, diabetic autonomic neuropathy, fecal impaction</li> </ul>
Any abdominal pain? Is pain made better by a bowel movement?	IBS Intestinal obstruction
Any recent weight loss?	colon cancer
diarrhoea Alternating with constipation?	IBS
Do you have a history of colon polyps or cancer? Any family history of colon cancer?	Colon cancer

### Management :

1- Diet and behavioral modification are the most important aspects of treatment.

#### Advise the patient to:

- a. Increase physical activity
- b. Eat high-fiber foods
- c. Increase fluid intake

2. Use an enema, such as a disposable Fleet enema, for temporary relief if no bowel movement occurs despite the above measures or if the patient is bedridden.

3. If obstruction is present, urgent surgery consultation is indicated.

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