

Constipation

Questions from the healthcare provider

How bad is the constipation?

Mild – Moderate – Severe

Rating the constipation severity on a scale from 0 to 10 can be helpful.

Zero means no constipation, while 10 means the worst possible constipation.

0 – 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10

How often does a bowel movement normally occur?

- When was the last bowel movement?
- What was the last bowel movement like?
- Hard or soft? How much? What colour?
- Any signs of blood? If so, was it bright or dark?
- Was the bowel movement painful?

Has there been an urge to have a bowel movement, but no stool?

Has there been any nausea or vomiting? What about pains or cramps in the stomach?

Has there been gas passed? How many times a day?

Medications – past and present

- How effective were they? How long did they work for?
- How often are they taken?

What has helped with constipation in the past?

How is the constipation affecting quality of life?

- What kinds of things does it stop the person from doing?
- Are there feelings of discouragement or depression?