

<i>Client:</i>	<i>Date:</i>
<i>Clinician:</i>	

3 Steps to Help Treat Constipation

1. **Drink Plenty of Fluids:** Water, prune juice, and warm drinks without caffeine are good choices.
2. **Eat High-Fiber Foods:** Whole grains, fruit, and vegetables all can help prevent constipation.
3. **Exercise Often:** Taking a short walk each day is a good way to start. Check with your doctor before starting an exercise program.

Call your Nurse or Doctor If:

- You have no bowel movement in three days or more, especially if you are taking vinca alkaloids
- You are vomiting
- You have pain in your abdomen

Tips for Controlling Diarrhea

- Limit the amount of fiber in your diet. Avoid high-fiber foods such as whole-grain bread and brown rice. Instead, eat white bread and rice.
- Eat foods rich in potassium such as bananas and oranges.
- Eat small, frequent meals.
- Drink plenty of fluids. Clear liquids and flat light sodas, such as ginger ale, are best.
- Do not drink coffee, tea, or alcohol.
- Try not to eat foods that are fried, greasy, spicy, or sweet.
- Limit the amount of milk you drink.

Call your Nurse or Doctor If:

- The diarrhea lasts more than 48 hours
- There is blood in your stool
- You have pain in your abdomen

Adapted from Krames On-Line

IMPORTANT NOTICE

Contact the on-call nurse if you are experiencing any change in your current health condition.
For ALL emergencies requiring IMMEDIATE medical attention, call 911.