

## Constipation (unable to move your bowels)

Constipation is difficulty moving your bowels. Stools are hard and may be painful to pass. There is a feeling that the bowel is not empty.

Constipation may be caused by your cancer or when:

- you eat differently
- you are taking medications for pain or nausea
- you are less active

Regular bowel movements happen every one to three days. They should be soft and easy to pass. Even if you are not eating as much as usual, you still need to have a bowel movement.

### Constipation can:

- increase nausea and vomiting
- increase abdominal bloating and pain
- decrease your appetite
- lead to straining that can cause a rectal tear or hemorrhoids and bleeding. This can increase your risk of infection.

## Gibisiganzhewin

Gibisiganzhewin gizanagi'igon ji-zaaga'aman. Mashkawaa gizaaga'amoowin maagizhaa giga-wiisagendam ji-miiziiyan. Ji-zaaga'aman gidinamanjiw.

Maagizhaa gigibisiganzhe gidamogowin onji gemaa:

- bakaan gidinanjige
- gidoodaapinaan mashkikiin wiisagendamowin onji gemaa zhiishagowewin onji
- gaawiin gimamaajisii

Endaso-giizhig ako endaso-nisogon gizaaga'am. Ji-nookaag gizaaga'amoowin ji-wendag gaye zaaga'aman. Giishin abooshke nawach bangii wiisiniyan, onjida igo ji-zaaga'aman.

### Gibisiganzhewin maagizhaa:

- ginoonde-zhiishigagowe zhigwa gizhiishigagowe
- giboodaajiishkaa zhigwa gidaakoshkade
- ginoonde-wiisin
- gidaa-ozhigwiiwidiye gemaa gidaa-miskwiiwitoon gidiiyaan. Nawach gidaa-wake-bigwaashkaa owe izhiseg.

## Constipation (unable to move your bowels)

## Gibisiganzhewin

### Call your nurse or doctor if you have:

- not had a bowel movement within three days
- abdominal or rectal pain
- vomiting

### Tips to help you with constipation:

- Eat high fibre foods like whole grain breads, cereals, fruits, vegetables, nuts and seeds.
- Drink plenty of fluids. Fluids help to keep the stool soft.
- Prune juice and warm liquids may be helpful.
- Try to walk 15-30 minutes each day or try other activities such as cycling or swimming.
- Eat at the same time each day.
- Try to have a bowel movement at the same time each day.

### Ganoozh gimashkiiwikwem gemaa gimashkikiwininiim giishin:

- gii-miiziiyan ani-nisogon izhiseg
- aakoshkadeyan gemaa wiisagidiyeyan
- zhiishigagoweyan

### Ge-wiiji'igoyan gibisiganzheyen:

- Miijin gegoon daabishkoo ozaawizid bakwezhigan, gigizhebaawi-miijim, zhiiwijiiminag, gitigaanensan, bagaanag zhigwa gitigensan.
- Niibowa minikwen gegoon ji-nookaag gimiiziiwin.
- Bagesaanaaboo minikwen zhigwa gegoon gizhaagamidegin.
- Gagwe-babaamosen ashi-naano-diba'iganens ako aabitawaakaase endaso-giizhig gemaa bakaan gegoo izhichigen daabishkoo ditibiwebishkigen gemaa bagizon.
- Naasaab endaswaakaaseg endaso-giizhig gagwe-wiisinin.
- Gagwe-zaaga'an naasaab endaswaakaaseg endaso-giizhig zaaga'aman.

## Constipation (unable to move your bowels)

### Medications for constipation:

Constipation is a common side effect when using some pain and nausea medications. Your nurse or doctor will suggest medication to help prevent or to relieve constipation. These include:

- stool softeners which make the stool softer and easier to pass.  
Example: Docusate sodium or Docusate calcium
- laxatives which cause the bowels to move.  
Example: Senokot

These do not include:

- bulk forming fibre supplements. These are not advised for people on some pain and nausea medications or for those who have poor fluid intake.  
Example: Metamucil

A laxative should be taken if you do not have a bowel movement two days after starting a stool softener.

Be sure to follow the package instructions. If you do not understand the instructions or have questions or concerns, please contact your nurse.

## Gibisiganzhewin

### Mashkikiin gibisiganzheyen:

Aanind mashkikiin odaapinaman gimaanishkaagonan daabishkoo zhiishigagowe mashkiki. Gimashkikiiwikwem gemaa gimashkikiwininiim giga-wiindamaag wegonen ji-odaapinamamban daabishkoo:

- ji-nookaag gizaaga'amoowin nawach ji-zanagi'igosiwan ji-zaaga'aman.  
Daabishkoo: docusate sodium gemaa docusate calcium.
- ji-miiziing mashkiki giga-wiiji'igon ji-miiziyan.  
Daabishkoo: Senokot

Gaawiin wiin ono:

- ji-mindidoyan mashkawiziwin mashkiki. Gaawiin aanind awiyag wedaapinamowaad mashkikiin ji-odaapinamowaapan memindage igi niibowa gaa-minikwesigwaa gegoon.  
Daabishkoo: Metamucil

Mashkiki ji-miiziyan ji-odaapinaman giishpin ojijiseg niizhogon giishkwaa-odaapinaman mashkiki ji-nookaag gizaaga'amoowin.

Ezhibii'igaadeg mashkiki ji-izhichigeyan. Giishpin nisidotanziwan aaniin ezhibii'igaadeg gemaa gegoon ginoonde-gikendaan, ganoozh gimashkikiiwikwem.