



**SNS COLLEGE OF ALLIED HEALTH SCIENCES**  
SNS Kalvi Nagar, Coimbatore - 35  
Affiliated to Dr MGR Medical University, Chennai



**DEPARTMENT OF CARDIO PULMONARY PERFUSION CARE**  
**TECHNOLOGY**

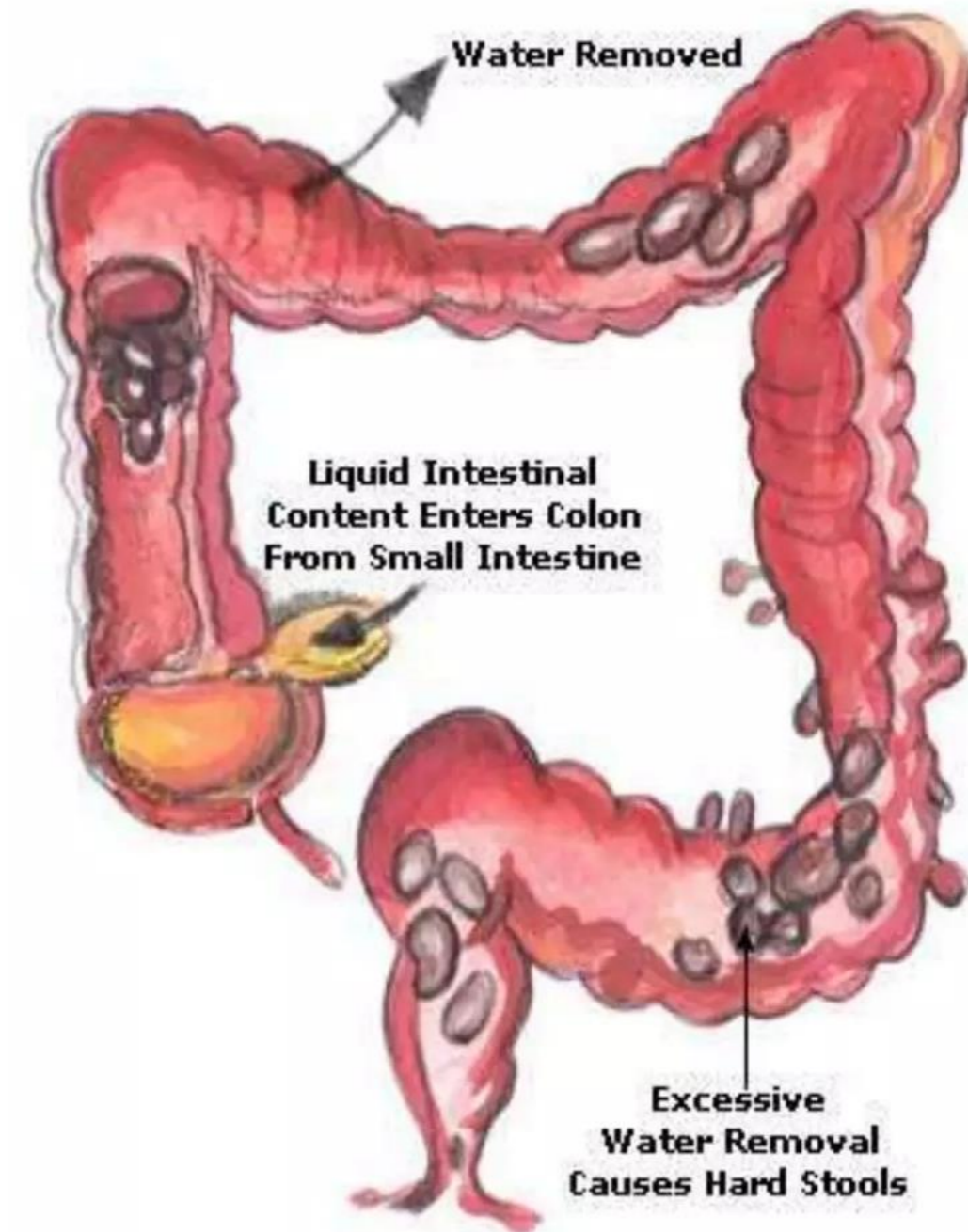
**COURSE NAME : GASTROENTEROLOGY**

**3<sup>RD</sup> YEAR**

**TOPIC : CONSTIPATION**

# DEFINITION

- Inability to completely evacuate the bowels or passing very hard stools is known as Constipation
- Usually fewer than three times a week





# Symptoms



- Painful bowel movements
- Bloating
- Uncomfortable
- Pain in the stomach,
- Pain at the anus while defecating,
- Heaviness of body,
- Lack of appetite,
- Indigestion,
- Nausea and
- Acid eructation (belching).



## Causes

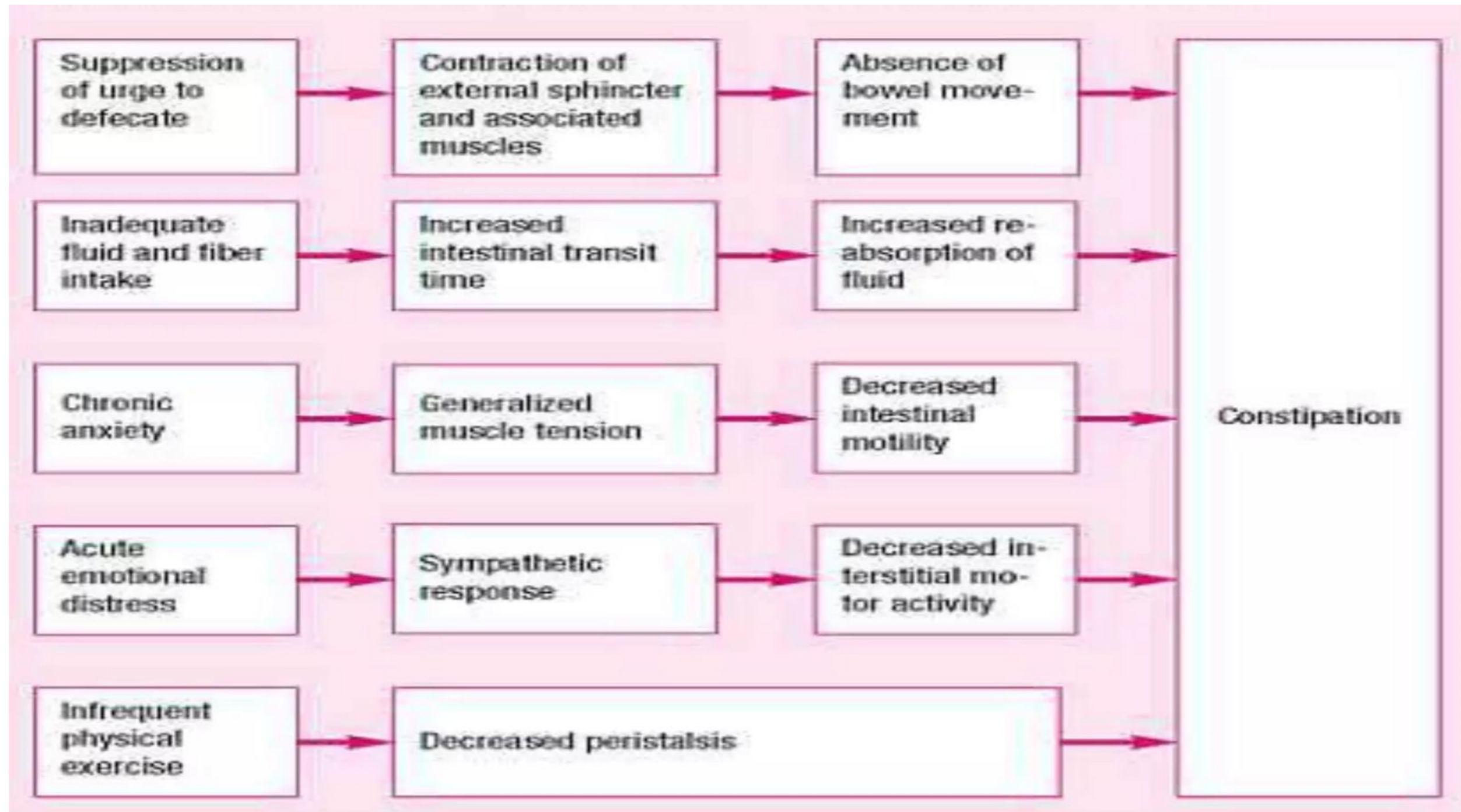


- Eating too little fiber
- Not drinking enough liquids
- Lack of exercise/physical activity
- Change in routine - travel
- Older age - Slower metabolism
- Frequent use of laxatives
- Certain diseases or conditions
- Hormonal disturbances
- Pregnancy
- Fissures and hemorrhoids
- Mechanical compression



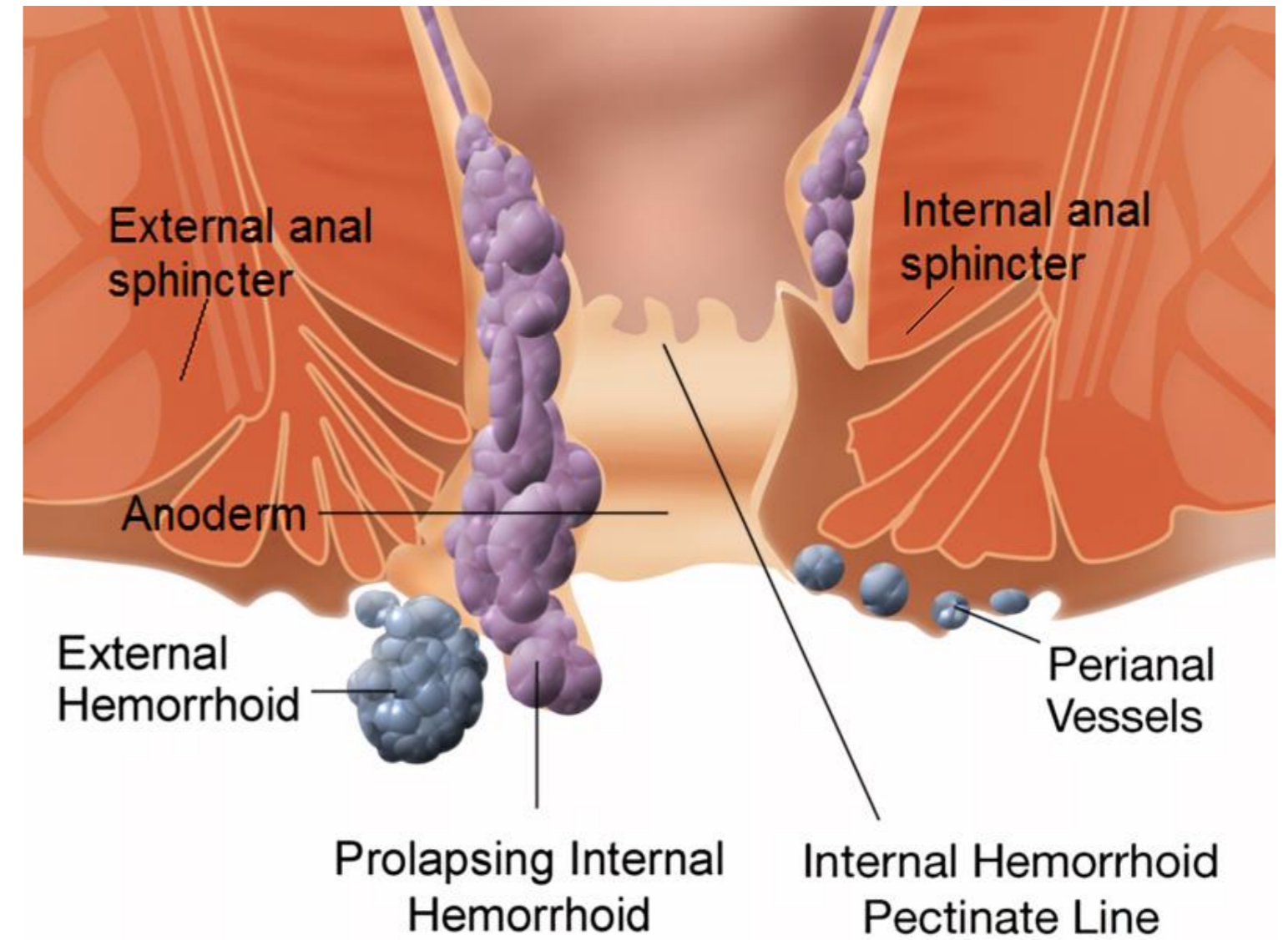
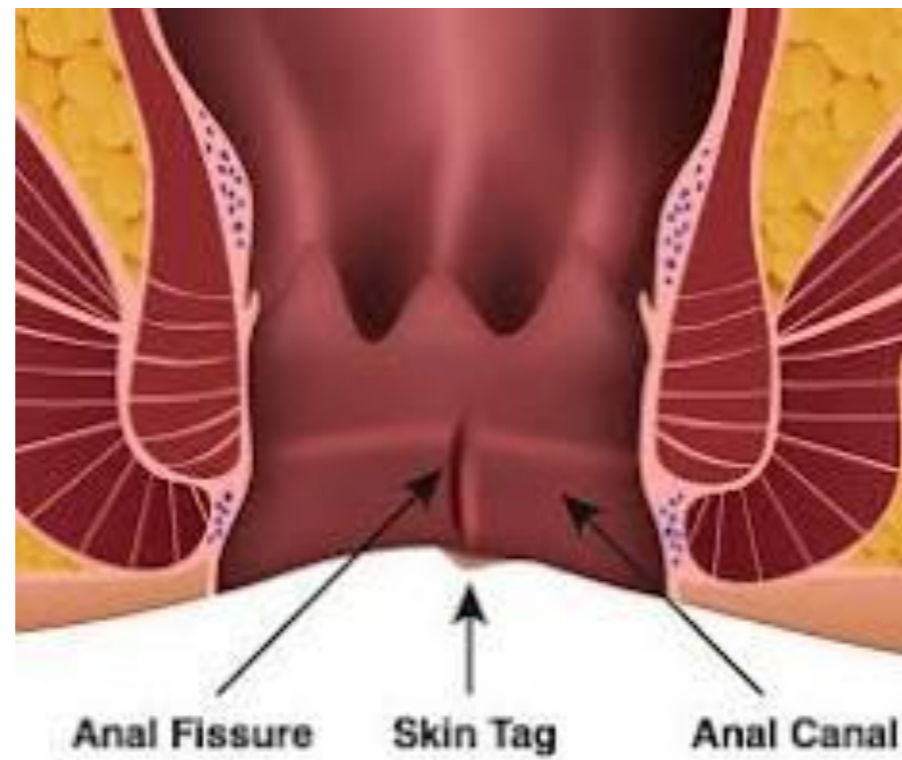


# How habits and stress cause Constipation



# Complications

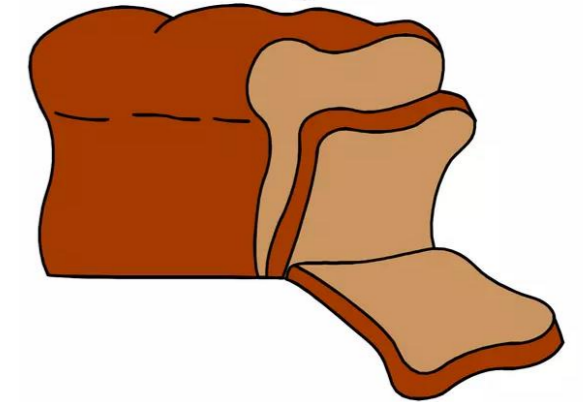
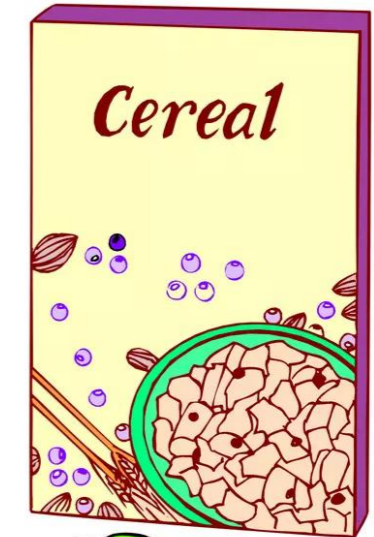
- Hemorrhoids
- Fissures





# Prevention

- Eat more fiber
  - More beans, whole grains and bran cereals, fresh fruits, vegetables
  - Limit foods with no fiber (cheese, meat, sweets, processed foods)
- Drink more water and other liquids
  - Be sure to drink at least 8 to 10 glasses of water everyday
  - Liquid helps keep the stool soft
- Become more physically active
- Allow yourself enough time to have a bowel movement
  - If you get in a hurry and ignore the urge to have a bowel movement, it can cause constipation
- Fiber supplements are best choice





- Give laxatives only if really necessary
- Laxatives can cause:
  - Poor absorption of vitamins and minerals
  - Loss of water, sodium and potassium
  - Damage to your intestines





# Pharmacological management of constipation



- **Laxatives** : promote a soft stool
- **Cathartics** : Results in a soft to watery stool with some cramping
- **Purgative** : is a harsh cathartic causing a watery stool with abdominal cramping



THANK YOU