








# Constipation

## Bristol Stool Chart

Type 1		Separate hard lumps, like nuts (hard to pass)
Type 2		Sausage-shaped but lumpy
Type 3		Like a sausage but with cracks on its surface
Type 4		Like a sausage or snake, smooth and soft
Type 5		Soft blobs with clear-cut edges (passed easily)
Type 6		Fluffy pieces with ragged edges, a mushy stool
Type 7		Watery, no solid pieces. <b>Entirely Liquid</b>

Is the resident complaining of constipation?

Or showing signs of constipation?



- No bowel movement for several days
- or Bristol Stool Chart type 1 or 2?
- Feeling bloated or bloated tummy
- Stomach ache or back ache
- Reduced appetite, feeling sick, furred tongue?

YES

## Treat and prevent constipation

### Increase fluids

- Give an early morning drink of warm water
- Aim for an intake of 150mls per hour, if the resident cannot drink large amounts try regular small sips
- Use a larger cup- they are likely to drink more than from a small cup

### Alter the diet

- High fibre cereal breakfast, wholemeal bread instead of white
- Substitute small fruit snacks instead of biscuits

### Get things moving

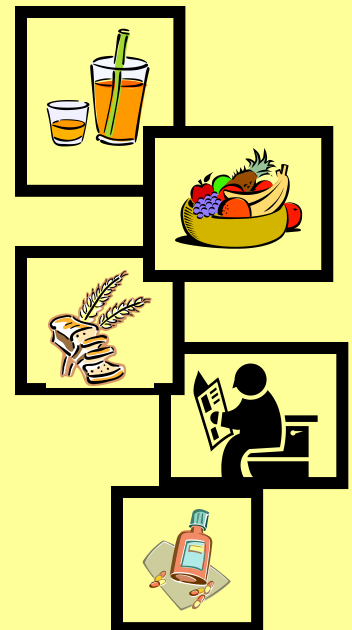
- Give the prescribed laxative, allow privacy and time to use the toilet or commode
- Encourage the resident to walk or move about as much as they are able

### Ask for a Medication Review:

Some pain killers cause constipation, alternatives may be available.

The resident may need a different laxative, suppositories, enema or high fibre dietary supplement

**Monitor mental and physical state for 48 hours, record fluid intake and bowel movements**



Prevent further constipation:

Fluids, Fibre, Foot work!

Aim for Bristol Stool Chart type 3 or type 4



YES

Has the resident improved?

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NO

Complete an up to date delirium checklist  
Call the GP and use the checklists to describe the symptoms

