

## 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.

## Kibwahakaciwin

Kibwahakaciwin kaa-ishinikaatek ekaa kaa-kii-misiinaaniwak. Mashkawaawan moowan wiisakishkaakemakan kaa-miisiinaaniwak. Daabishkooc e-mooshkinek inamacihcikaate.

Kaa-kibwahakaciinaaniwak kihci-aahkosiwin kaa-doocekemakak naanta ahpii:

- ekaa kaa-kii-wihsiniyan
- mashkihkiin kaa-aapacihtooyan
- ekaa kaa-kano-wawaakawiiyan

Kaa-minoohsek miisiwin tahso-kiishikaa inikok nihso-kiishikaan wakawiimakan. Ta-nookaapan hsa ci-wetak miisiinaaniwak. Nashke ota piko ekaa wihsiniyapan nahshine, ocita piko ishihsepan ci-miisiyaan.

### Kaa-inishkaakemakak kibwahakaciwin:

- ani-netwamacihonaaniwan kaye ani-baahpaakomoonaniwan
- ani-dewimisadaaniwan kaye ani-wiisakendaawan
- ani-aanawendaakwan wihsiniwin
- ani-aaniman ci-miisiinaaniwak e-ani-baakihsaaniwak kaye e-animiskwiiwinaaniwak. Ekwa tahsh naahpic ani-inihdendaakwan ci-miniiwisaaniwak.

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### 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.

### Kanoos mashkihkiwikwe naanta

### mashkihkiwinini kiishpin oneniwan ayaayanin:

- ekaa mahsi kaa-miisiiyan nihso-kiishikaa
- dewimisadeyan kaye wihsakendaman kaa-oci-miisiiyan
- baahbaakomoyan

### Ke-wiichikoyanan kaa-kibwahakaciiyan:

- Miicinan kaa-minoshkkaakemakakin kaa-nihtaawikicikaatekin miiciman.
- Mishtahi minihkwem nibi. Nibiin noohkshkaakemakanoon moowan.
- Moosominaaboo ekwa shoobiiden kaye wiichiwemakanoon.
- Kakwe-papaamohsen tahso-kiishikaa 15 aacihsek naanta 30 aacihsek inikok naanta kaye kotikiyan kecoonan ci-dootaman ci-kano-wawaahkawiiyan.
- Baabeshikwan tahso-tipahikaneyaak ishi-waawiihsinin tahso-kiishikaa.
- Baabeshikwan tahso-tipahikaneyaak kakwe-ishi-miisiin tahso-kiishikaa.

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### 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.

### Mashkihkiin kaa-aapatahkin kibwahakaciiwinik:

Nanaaka doowi-mashkihkiin kaa-aapatahkin kaa-kibwahakaciishkaaniwak. Mashkihkiiwihkwe naanta mashkihkiwinini kaa-wiintamaak keko-mashkihkiin ke-wiicihikoyan kibwahakaciishkaayan. Oneniwan ahshic:

- kaa-nookishkaakemakak moo ci-wetak miisiiyan. Daapishkooc ineniwan kaa-ishinihkaatekin: Docusate sodium naanta Docusate calcium
- shaaposhikanesan kaa-wiicihiwemakakin kaa-wakawiimakak moo  
Ishinihkaate: Senokot

Oneniwan kaawin ahshic:

- bulk forming fibre supplements. Oneniwan inaawak awiyak kaa-wiisakencikaatek kaa-aapatahkin mashkihkiin naanta ineniwan ekaa tepwe kaa-nibiiwahkin.  
Daapishkooc ihiwe kaa-ishinihkaatek: Metamucil

Kiishpin ekaa kaa-kii-miisiiyan niisho-kiishikaa kaa-aapacihtooyan kaa-nookinikemakak, kiyaam piko aapacihtoon shaaposikanens.

Kehcinaac piminishahan kaa-ishi-wiintamaakooyan. Kiishpin ekaa nisitohman naanta kaye kekoon wii-kakwetweyan ekaa kaa-nisitawentaman, kanoos mashkihkiiwihkwe.