

Identifying and treating constipation

Constipation can affect anyone and is common for people living with kidney disease. Constipation is when stool becomes uncomfortable to pass or does not happen often enough.

Understanding constipation:

Some of the reasons you may experience constipation:

- Lack of exercise
- Limited fluid intake
- Low-fiber diet or smaller-portioned meals
- Medication effects



Symptoms:

If your stool becomes hard, dry, and painful to pass, you're probably constipated. You may experience the following symptoms:

- Queasiness or nausea
- Abnormally small or large stools
- Changes in stool patterns
- Extra bloating or abdominal cramps
- A fuller or firm feeling stomach



Tips to relieve constipation:

- Exercise regularly (with your doctor's approval).
- Maintain your recommended fluid intake.
- Keep a regular toileting schedule.
- Eat a fiber-rich diet (slowly increasing to 20-35 grams per day).



Medications that may cause constipation:

- Iron supplements
- Phosphate binders
- Nausea and vomiting medications
- Painkillers (narcotics)
- Antidepressant medications
- Blood pressure medications



Medications that may relieve constipation:

- Stool softeners
- Laxatives
- Fiber supplements

Talk to your care team before starting or stopping any new medications.



We're here to help

Reach out to your care team for support and to get your questions answered.