# CONSTIPA

24% older adults in the community

50% living in an institution



**Affects** almost twice as many women as men

REMEMBER

people's definitions vary

a good

is kev



frequency straining consistency

## Complications (

- Urinary retention
- Overflow diarrhoea
- Faecal impaction
- Bowel obstruction
- Rarely bowel perforation



Quality of life

Impacts other areas of life including:

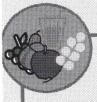
mobility 37 %

mood 44 %

recreation 47%

enjoyment of life 58 %

### Management



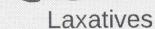
#### Diet

- 30-40g fibre/day
- · Fruits high in sorbitol
- Adequate fluid intake



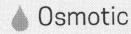
#### **Toileting**

- Regularly after meals
- Optimise positioning





fybogel



lactulose macrogols phosphate enemas

Stool softener docusate (also a stimulant)

Stimulant

senna , ,