


CONSTIPATION

 **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 **HISTORY** is key

 ask 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

Laxatives

-  Bulk-forming *fybogel*
-  Osmotic *lactulose*
macrogols
phosphate enemas
-  Stool softener *docusate*
(also a stimulant)
-  Stimulant *senna*