

### Stepwise Management of Constipation

- Step 1** Exercise-Fluid-FIBER-Toileting Regimen
- Step 2** Bulk Forming Laxatives
- Step 3** Stool Softener
- Step 4** Osmotic Laxatives
- Step 5** Stimulants
- Step 6** Suppository Enema

Credit: <http://www.ndlabs.com>

### Liquid Fiber Supplements Benefits

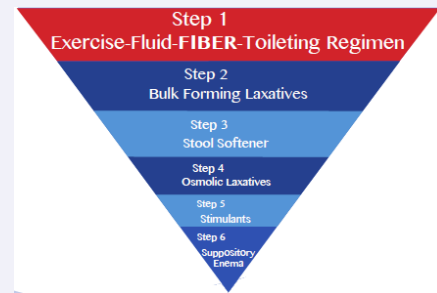
#### Liquid

- Save time: pour and serve
- Better compliance, improved quality of life
- Reduction in laxative use and their side effects
- Does not interfere with drug/nutrient absorption
- All Natural: No added sugar, colors, or artificial flavors
- No added: Lactose, gluten, psyllium, and wheat
- Suitable for renal diets: low sodium, no potassium and phosphorus
- Suitable for diabetic diets: sugar free,

### Complications of Chronic Constipation

- Hemorrhoids, Diverticulitis
- Urinary Incontinence, UTI
- Perianal Contamination
- Diminished Wound Healing
- Cardiac Effects
- Obstructive GI Effects
  - Fecal Impaction-Intestinal Obstruction
  - Paradoxical Fecal Impaction,
  - Fecal Retention
  - Mega Colon
  - Prolapsed Rectum
- Compromise of the cerebral, coronary, and peripheral vascular circulation

### Diagram



### Recommended Daily Fiber Intake

Sex and Age Group	Daily Fiber
1 to 3 year old	19g
4 to 8 year old	25g
9 to 13 year old girls	26g
9 to 13 year old boys	31g
14 to 18 year old girls	26g
14 to 18 year old boys	38g
Adults and Geriatric	25-35g

### Side Effects of Long Term Use of Laxatives

- Diarrhea
- Electrolyte imbalance
- Hypo-albuminemia
- Fecal incontinence
- Perianal Soiling
- Laxative abuse
- Loss of colonic motility
- Risk for colorectal cancer among laxative abusers

