

Constipation

Constipation is when you have trouble passing stool. It can be caused by cancer, cancer treatments, or changes to your lifestyle while you are undergoing treatment.

TRY THIS

Eat high-fiber foods. Try fruits, vegetables, beans, and whole grains.

Drink liquids. Try water, prune juice, or warm liquids.

Be active. Try a 10–15 minute walk or some stretching, but don't do it immediately after a big meal.

CHECK THIS OUT

Visit the Springboard page on Constipation.

<https://smokefree.gov/springboard/symptoms/constipation>

Learn more ways to prevent or treat constipation.

<http://go.usa.gov/xxAWW>

Get a list of foods and other tips that may help if you are constipated.

<http://go.usa.gov/xxAZ3>

Visit this page for tips on what caregivers can do to help.

<http://goo.gl/nnz5ql>