

# 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.

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## CHECK THIS OUT

**Visit** the Springboard page on Constipation.

<https://survivorship.cancer.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>