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Constipation in adults: Symptom Checker

**DocID**

No DocID – not contained in FarCry

**Title**

Constipation

**Feature Title**

Constipation

**List Title**

Constipation

**Content is Contracted**

No

**Licensable**

No

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**MCV Main tag**

**MCV Other tag(s)**

Content Packages > Symptom checker mobile > Adult > Digestive and urinary problems

**MCV Related tag(s)**

**Primary Location**

Diseases and Conditions

**Tease**

Constipation usually isn't serious and improves with a well-balanced diet and increased water intake. Identify other possible common causes based on symptoms you’re experiencing.

**Abstract**

Find possible causes of constipation in adults. See our Symptom Checker.

**Benefit Summary**

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**FeatureID**

**Gender**

**Age**

Adult

**ENTER IN FARCRY:**

**When to get medical help** (1)

Consult your doctor if your constipation:

Is more severe than usual

Lasts longer than usual

Alternates with diarrhea

Is accompanied by abdominal or rectal pain, rectal bleeding, blood in your stool, black stools or unexplained weight loss

**Self-care strategies** (1-3)

Constipation is a common problem and usually not the result of a serious illness. Lifestyle changes that can help you manage constipation include the following:

Eat high-fiber foods — fruits, vegetables, and whole-grain cereals and breads.

Limit problem foods — those high in fat and sugar, but low in fiber.

Drink plenty of water.

Exercise regularly.

Use the toilet when you have the urge.

Add fiber supplements to food or beverages — oat bran, flaxseed or an over-the-counter fiber supplement.

Don't rely on laxatives.

**More Information**

Constipation DS00063

**END OF FARCRY TEXT**

Find possible causes of constipation based on specific factors. Check one or more factors on this page that apply to your symptom.

**Problem is**

Ongoing or recurrent

Recent

Worsening or progressing

**Accompanied by**

Abdominal pain

Anal or rectal pain

Bloody stools

Cramping

Diarrhea

Fever

Gas

Increased sensitivity to cold

Mucus in stools

Muscle or joint aches

Muscle weakness

Nausea or vomiting

Pale, dry skin

Unexplained fatigue

Unintended weight gain

Unintended weight loss

**Possible causes**

These diseases and conditions match at least one of the factors you selected. Those with the most matches are listed first.

DS00762 Anal fissure (4, p. 90; 5; 11)

Problem is recent

Accompanied by anal or rectal pain

Accompanied by bloody stools

DS00035 Colon cancer (4, p. 91; 6; 11)

Problem is recent

Problem is worsening or progressing

Accompanied by abdominal pain

Accompanied by bloody stools

Accompanied by cramping

Accompanied by diarrhea

Accompanied by mucus in stools

Accompanied by unexplained fatigue

Accompanied by unintended weight loss

DS00070 Diverticulitis (7; 11)

Problem is recent

Accompanied by abdominal pain

Accompanied by bloody stools

Accompanied by diarrhea

Accompanied by fever

Accompanied by nausea or vomiting

DS00353 Hypothyroidism (underactive thyroid) (3, p. 2285; 8; 11)

Problem is ongoing or recurrent

Problem is worsening or progressing

Accompanied by increased sensitivity to cold

Accompanied by muscle or joint aches

Accompanied by muscle weakness

Accompanied by pale, dry skin

Accompanied by unexplained fatigue

Accompanied by unintended weight gain

DS00823 Intestinal obstruction (9; 11)

Problem is recent

Accompanied by abdominal pain

Accompanied by cramping

Accompanied by diarrhea

Accompanied by fever

Accompanied by nausea or vomiting

DS00106 Irritable bowel syndrome (10; 11)

Problem is ongoing or recurrent

Problem is worsening or progressing

Accompanied by abdominal pain

Accompanied by cramping

Accompanied by diarrhea

Accompanied by gas

Accompanied by mucus in stools

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