

# Dulcolax® Patient Constipation Discussion Guide

Before going to your next appointment, complete the following information:

Current prescription medications/over-the-counter products/dietary supplements

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Family medical history

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Changes in your life (family/work/stress)

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Changes in bowel habits (frequency / consistency / presence of blood) and when did it start

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Changes in eating habits

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Additional symptoms experiencing (abdominal pain, vomiting, unexplained weight loss)

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Things that seem to make the constipation better / worse

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Here are a few questions to help get the conversation started:

- How often should I be having a bowel movement?
- Could any of my medications or supplements be contributing to my constipation?
- Would a laxative be appropriate in treating my constipation?
- If so, what type of laxative should I try? (fiber, stool softener, stimulant tablet, stimulant suppository or something else)
- Is there a specific ingredient I should be looking for?
- How long can I take a laxative to relieve my constipation?
- How soon should my constipation improve?
- What lifestyle changes can I make to help prevent constipation?
- How much fluid should I be drinking?
- How much fiber should I be eating?

Notes: \_\_\_\_\_