

## #

Constipation is defined as:

- Fewer than three spontaneous bowel movements per week
- Straining for more than 25% of defecation at empties
- Lumpy or hard stool for at least 25% of defecation at empties
- Sensation of anorectal obstruction or blockage for at least 25% of defecation at empties
- Sensation of incomplete defecation for at least 25% of defecation at empties
- Manual manoeuvring required to defecate for at least 25% of defecation at empties

## U

Many medications can cause or worsen constipation

