



Opioid-induced constipation

Opioid-induced constipation is the most

common side effect of opioid therapy. It is caused by the direct effect of opioids on the gastrointestinal tract, leading to decreased gut motility and increased transit time. This results in constipation, which can be a significant source of patient discomfort and may lead to hospitalization if not managed properly. The incidence of opioid-induced constipation is high, with up to 80% of patients on chronic opioid therapy experiencing some degree of constipation. The severity of the constipation can range from mild to severe, with symptoms including abdominal pain, bloating, and decreased bowel frequency. Management of opioid-induced constipation typically involves the use of laxatives, with the choice of agent depending on the patient's individual needs and the severity of the symptoms. It is important for healthcare providers to be aware of this side effect and to proactively manage it to improve patient outcomes and quality of life.

Opioid-induced bowel dysfunction

Opioid-induced bowel dysfunction (OIBD) is a common side effect of opioid therapy. It is characterized by a range of symptoms, including constipation, bloating, abdominal pain, and decreased bowel frequency. The pathophysiology of OIBD is complex, involving both direct and indirect effects of opioids on the gastrointestinal tract. Direct effects include decreased gut motility and increased transit time, while indirect effects involve the activation of mu-opioid receptors in the gut, leading to decreased secretion of gastrointestinal secretions and increased absorption of water. The result is a dry, hard stool that is difficult to pass, leading to constipation. OIBD can be a significant source of patient discomfort and may lead to hospitalization if not managed properly. The incidence of OIBD is high, with up to 80% of patients on chronic opioid therapy experiencing some degree of OIBD. The severity of the symptoms can range from mild to severe, with some patients experiencing severe abdominal pain and constipation. Management of OIBD typically involves the use of laxatives, with the choice of agent depending on the patient's individual needs and the severity of the symptoms. It is important for healthcare providers to be aware of this side effect and to proactively manage it to improve patient outcomes and quality of life.

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