

Clear the Clog



Symptoms and treatment
of constipation

Constipation

Constipation is when you pass motion less than 3 times every week with stools (faeces) that are hard, dry and small.

Symptoms for constipation include:

- » Struggling or having difficulty when passing motion
- » Feelings of incomplete bowel emptying
- » Bloating
- » Abdominal pain

Medicines for treatment of constipation

Type	How it works	Time taken	Examples
Bulk forming	Swell when come into contact with fluids inside intestine and increase stool volume	2–3 days	Isphaghula husk*, Psyllium*
Osmotic	Pull water back into large intestine and soften stools	1–2 days	Lactulose*, Macrogols [#]

Medicines for treatment of constipation

Type	How it works	Time taken	Examples
Stimulant	Encourage the movements in the intestines to promote bowel movement	6–12 hours	Bisacodyl*, Senna*
Lubricant	Provide a layer of lubricant to stools, to prevent it from drying and becoming hard	6–8 hours	Liquid paraffin*, mineral oil*

* Medicines that can be bought over-the-counter.

[#] Medicines that must be prescribed by a doctor.

These medicines come in oral and non-oral forms such as suppositories (bullet-shaped solids) and enemas (liquids) which are put directly into the rectum and work within 15-30 minutes. However, these types of laxatives are usually only used in more serious cases or when oral laxatives do not work well.

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