

"When it is not just Constipation"

Constipation (reduced passage or very hard stool) is very common. It is usually benign and can be helped by lifestyle measures or simple medications. Of importance, an underlying clinical problem if identified and treated can resolve severe constipation.

Simple constipation is unlikely to be the problem

- ◆ If you pass stool less than once a week
- ◆ If your joints are hypermobile eg Ehlers Danlos Syndrome
- ◆ If it started after childbirth
- ◆ If you have severe endometriosis
- ◆ If you vomit or are severely bloated
- ◆ If you support your perineum to pass stool
- ◆ If you assist passage with your fingers
- ◆ If it has existed since childhood
- ◆ If you have lost weight or pass blood



If you have any of the above then an underlying motility disorder, intra-abdominal adhesions, pelvic floor/anal sphincter dysfunction, amongst other can be causing severe constipation.

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