

# Constipation

**EMERGENCY:**  
CALL **911** IF

- There is black blood in your stool.
- You vomit, have nausea or a fever.

**SEE A DOCTOR THE SAME DAY IF**  
You have intense stomach pain  
that does not improve.



## When to seek professional help

- You have been constipated for several days.
- You have unexplained weight loss.
- You have pain in your belly or anus.
- You are unable to pass gas.
- You see red blood in your stool.
- You have thin or ribbon-like stool.

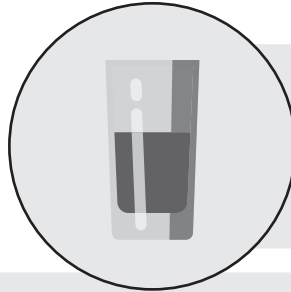
### How to get help

- 24/7, dial **811** *option 1*
- Call your pharmacist
- Call your clinic to make an appointment
- If you do not have a doctor, dial **811** *option 3*
- Find an appointment on [rvsq.gouv.qc.ca](https://rvsq.gouv.qc.ca)

This booklet is not intended to replace the advice of a medical professional, nor is it intended to be a substitute for medical care.

Constipation is a common health problem. Not drinking enough water or not being physically active can make it harder to pass stool.

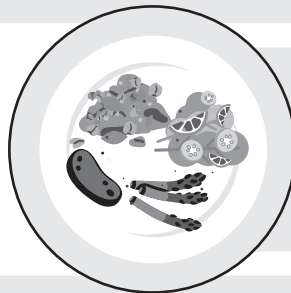
## What to do at home



**Hydration:** Drink plenty of water throughout the day. Avoid coffee, alcohol and sugary drinks.



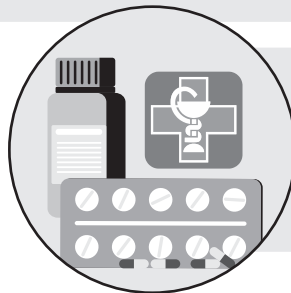
**Fiber:** Eat fruits, vegetables, whole grains (in bread and cereal), prunes and legumes (chickpeas, kidney beans, etc.).



**Small meals:** Eat smaller meals. Chew your food well.



**Exercise:** Walk 20 minutes a day or engage in activities you enjoy.



**Medication:** Ask your pharmacist for advice on which medications can help.