

Constipation (unable to move your bowels)

Ká kipi píkácéwinoyan (éká ká kaskitáyan ta pamihisoyan)

Constipation is difficulty moving your bowels. Stools are hard and may be painful to pass. There is a feeling that the bowel is not empty.

Constipation may be caused by your cancer or when:

- you eat differently
- you are taking medications for pain or nausea
- you are less active

Regular bowel movements happen every one to three days. They should be soft and easy to pass. Even if you are not eating as much as usual, you still need to have a bowel movement.

Constipation can:

- increase nausea and vomiting
- increase abdominal bloating and pain
- decrease your appetite
- lead to straining that can cause a rectal tear or hemorrhoids and bleeding. This can increase your risk of infection.

Anima kipi píkácéwin awiyak éká ká kaskitát ta pamihisot. Kika maskawiméyan éko náspic ki wísakiskákon ta pamihisoyan. Mwéci tápitáw étamacihoyan óma éwí nóté pamihisoyan.

Anima kipi píkácéwimowin apók etoké ékoté anima ká ocipanik ká mancósiwáspinéyan.

- mwác náspic kimícison
- maskikiya é otinaman ispi k mána épákamacihoyan
- mwác náspic ki waskawín

Mwác náspic kikaskitán ta pamihisoyan nántaw péyakwá nisto kísikáw é ispanik. Éko takí noskák éko takí moci kitakoték ispi ká pamihisoyan. Kiyám apó éká ékwanikok mícisoyani ocitaw piko takí kaskitáyan ta pamihisoyan.

Anima kipi píkácéwiwin kikakí:

- awasimé kikakí pákamocémacihon
- awasimé kikaki wá wísakátayéskinán
- mwác naspic kiwi note micison
- wésá ká síciyan óma é kakwé pamihisoyan ékwani kika ati mikowin ki tiyak. Éko kikáti miníwin ékota oci.

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Call your nurse or doctor if you have:

- not had a bowel movement within three days
- abdominal or rectal pain
- vomiting

Tips to help you with constipation:

- Eat high fibre foods like whole grain breads, cereals, fruits, vegetables, nuts and seeds.
- Drink plenty of fluids. Fluids help to keep the stool soft.
- Prune juice and warm liquids may be helpful.
- Try to walk 15-30 minutes each day or try other activities such as cycling or swimming.
- Eat at the same time each day.
- Try to have a bowel movement at the same time each day.

Sémák kika ayamiháw maskikí iskwéw wéká ininiw kisáspin ki:

- mwác kitóci kaskitán ta pamihisoyan nistokísikáw
- kiwísakénitén katíy wéká kitiyák
- ki pápákamon

Tánisi kékí itotaman óma ta wícihisoyan éká ká kaskitáyan ta pamihisoyan:

- Kwayask mícima mici tápiskoc pakwésikan, mínisa, kistikána éko kistikánikanisa.
- Mistahi kékwána minikwé. Ta nóskápáwék anima káwí nóté pamihisoyan.
- Kici sóminapoy éko ékísowákamiki ka minikwéyan kékwána.
- Tahto kísikáw acinaw papámotey wéká nántaw isi nóci ké ta wáwaskawiyán tápiskóc ta natawi papámiskáyan wéká ta kapásimoyan (pakásimoyan).
- Péyakwanok ispík míciso tahto kísikáw.
- Péyakwanok ispík tahto kísikáw wí kakwé pamihiso.

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Medications for constipation:

Constipation is a common side effect when using some pain and nausea medications. Your nurse or doctor will suggest medication to help prevent or to relieve constipation. These include:

- stool softeners which make the stool softer and easier to pass.
Example: Docusate sodium or Docusate calcium
- laxatives which cause the bowels to move.
Example: Senokot

These do not include:

- bulk forming fibre supplements. These are not advised for people on some pain and nausea medications or for those who have poor fluid intake.
Example: Metamucil

A laxative should be taken if you do not have a bowel movement two days after starting a stool softener.

Be sure to follow the package instructions. If you do not understand the instructions or have questions or concerns, please contact your nurse.

Maskikiya itowa kéki ápacitáyan:

Óma kipi pékacéwin mósitániwan áskaw óma ká otinikátéki maskikiya. Anikik maskikiniwak kika wítamákok tántowa maskikiya kéki otinaman óma ta wícihikoyan óma ká wískatayéyáspinéyan. Ékwani óki:

- aniki ká nóskatayéskákooyan inikok ta mino pamihisoyan.
Tápisók: Docusate Sodium wéká Docusate Calcium ka itakik
- sáposikana ta nóskatayéskákooyan.
Tápisók: Senokot ká isinikáték

Mwác máka wina nématow:

- ká moci wanákamistamásoyan maskikiyápota. Anikik ká wí pákamocéskákokik óki itowa maskikiya wéká anihí káwí pákamocéskákokik kékwána ká minikwécik.
Tapiskoc: Metamucil

Sásposikan anima kikakí ápacitan kisáspin mwac ki kaskitán ta pamihisoyan ispi kákí otinam anihí kotaka maskikiya.

Tawác piko ayamitá anima anta ká masinahikáték tánisi ta isi ápacitáyan óki maskikiya. Kisáspin mwác ki nisitotén anima anta ká masinahikáték ta itápacitáyan óma maskikí sémák kikaki kakwécimáw ana maskikíwiskwéw.