

Constipation (unable to move your bowels)

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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.

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