

CONSTIPATION ZONE TOOL

Every Day...

- ✓ stay Hydrated
 - a. Aim for 8 glasses of water a day
- ✓ Engage in regular physical activity
 - a. Regular exercise and activity helps keep stool moving along the large intestine
- ✓ Take your regular bowel medications as ordered
- ✓ Maintain a healthy diet.
 - a. Increase fiber intake with foods like fresh fruits, vegetables, and whole grains



ALL CLEAR ZONE

- 👍 Frequency: BM occurs 1-3 times a day or every 1-3 days
- 👍 Consistency: Stools are soft and easy to pass
- 👍 Experience: No pain or straining during BM
- 👍 Completion: You can fully empty your bowel

WARNING ZONE.....

In **Moore County**, call your healthcare provider at **910-255-4400**. If after hours, call **910-715-1000** and ask for PMC Primary Care doctor on call. In **Lee County**, call **919-774-6518**, during or after hours. PMC Walk In Clinic is available in either county.

- 🚨 **Constipation:** **Bristol Stool Chart Type 1 & 2**, Hard-to-pass stools, pain, or straining. Feeling of incomplete bowel emptying. Bloating, increased gas
- 🚨 **Diarrhea:** **Bristol Stool Chart Type 5 & 6**, Loose to watery stools lasting longer than 2-3 days, Abdominal Discomfort, bloating, cramping. Increased frequency and urgency

BRISTOL STOOL CHART

TYPE 1	TYPE 2	TYPE 3	TYPE 4	TYPE 5	TYPE 6	TYPE 7
Separate hard lumps, like pebbles	Sausage-shaped but firm and lumpy	Thicker but soft, has cracks	Soft, smooth, uniform	Soft blobs with clear cut edges	Fluffy pieces with ragged edges	Completely liquid, no solid pieces

MEDICAL ALERT ZONE.....

Call 911 for ANY DISTRESS including:

- ! **Constipation Complications:** Severe abdominal pain, Nausea, vomiting, or blood in stool, Constipation lasting longer than 3 weeks
- ! **Diarrhea Complications:** Continues longer than 2 days with signs of dehydration. Reduced Urination; Dark, Strong-Smelling Urine Dry mouth/lips; Dizziness/lightheadedness. Blood or pus in stool, Severe abdominal pain, Fever.
- ! **Electrolyte Imbalances**
 - Headaches; Confusion/irritability
 - Nausea/vomiting
 - Muscle cramps; Tingling/Numbness in arms or legs
- ! **Palpitations** (Rapid Heart Rate)