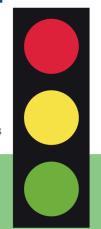
# **CONSTIPATION ZONE TOOL**

# 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
- **Piarrhea:** 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**















## 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)