

What to know and when to get help

Constipation is most often defined as having a bowel movement less than 3 times per week. Please reference the guidelines below to track the severity of your condition.



Manage your symptoms by:

- Eating a high fiber diet
- Drinking plenty of fluids
- Exercising
- Using over-the-counter laxatives or stool softeners



Contact your doctor if you have:

If you cannot reach your doctor in 24 hours, please visit a walk-in clinic.

- No bowel movement in 5-7 days despite using over-the-counter laxatives or other home care treatment
- Blood on toilet tissue or on surface of your stool



Go to the ER or call 911 if you have:

- Vomiting
- Fever
- Severe abdominal pain or bloating
- Black tarry stools or blood in toilet bowl

*If you are experiencing a life-threatening emergency, go directly to the ER or dial 911.