

# Impaction

## What Is It?

- **Impaction**- Painful bowel movements, uncomfortable and passing a hard stool, difficult to pass, straining
- **Bowel Movements**- some people have a bowel movement 2 times per day while others have 3 per week and this can be normal, hard and lumpy stool, should have > 3 a week
- **Stools**- pass too slowly through the small intestines, feeling of incomplete evacuation
- **Sensation**- of blockage or obstruction



## Facts:

- **Hospitalizations**- 92,000 yearly
- **Laxative Sales**- >\$800 million last year
- **Causes**- life style choices- eating habits including low fiber and fluid, little or no exercise, pregnancy, GI/endocrine/metabolic/neurological/psychological disorders, medications
- **Chronic Constipation**- persists > 12 weeks

## What Can I Do?

- **See your Health Care Provider**-especially if bloody or black stools, constipation that lasts more than 3 days, abdominal pain after passing the stool
  - **Laxatives**- talk with your Physician about your choices  
bulk-forming, emollients, lubricants, saline laxatives, hyperosmotics, stimulants
  - **Exercise Program**- for the individual patient
- **Talk with RD**- about fiber and fluids you may be restricted due to other diagnosis
- **Foods High in Fiber**- Whole Grain Breads, Pastas, Cereals, Fresh Fruits, Fresh Vegetables, Baked Beans, Black-eyed Peas, Vidalia Onions
- **Increase Fluids**- water, beverages
- **Herbs**- do not use unless your Physician approves- Aloe, cascara sagrada bark, Feverfew, Flaxseed, Senna leaves

