



Constipation

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Abstract: Constipation is when you don't have bowel movements (poops) very often, or they are hard to pass. We also call this "being constipated." This pamphlet explains common causes of constipation and lists things you can do to help. Symptoms that require immediate medical attention are provided. The French version of this pamphlet 2080, "Constipation", is also available.

Responsibility: Prepared by: Emergency Services

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