



## Constipation

<https://libcat.nshealth.ca/en/permalink/chpams34751>

Available Online: View Pamphlet

Corporate Author: Nova Scotia Health Authority. Emergency Services

Place of Publication: Halifax, NS

Publisher: Nova Scotia Health Authority

Date of Publication: 2019

Format: Pamphlet

Language: English

Physical Description: 1 electronic document (4 p.) : digital, PDF file

Subjects (MeSH): Constipation - prevention & control

Subjects (LCSH): Constipation

Specialty: Emergency

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

Pamphlet Number: 0692



## Constipation

<https://libcat.nshealth.ca/en/permalink/chpams36686>

Available Online: View Pamphlet

Corporate Author: Nova Scotia Health Authority. Emergency Services

Place of Publication: Halifax, NS

Publisher: Nova Scotia Health Authority

Date of Publication: 2019

Format: Pamphlet

Language: French

Physical Description: 1 electronic document (4 p.) : digital, PDF file

Subjects (MeSH): Constipation - prevention & control

Subjects (LCSH): Constipation

Specialty: Emergency

Abstract: On parle de constipation lorsque vous n'allez pas à la selle (vous ne faites pas caca) très souvent ou lorsqu'il est difficile d'évacuer les selles. On dit aussi « être constipé ». Cette brochure explique les causes courantes de la constipation et énumère les choses que vous pouvez faire pour améliorer la situation. Les symptômes qui exigent des soins médicaux immédiats sont aussi précisés.

This is a French translation of the English pamphlet 0692, "Constipation". 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.

Responsibility: Prepared by: Emergency Services

Pamphlet Number: 2080



## Preventing and managing constipation in chronic kidney disease (not for dialysis patients)

<https://libcat.nshealth.ca/en/permalink/chpams36588>

**Available Online:** View Pamphlet

**Corporate Author:** Nova Scotia Health Authority. Yarmouth Regional Hospital. Kidney Health Services

**Place of Publication:** Halifax, NS

**Publisher:** Nova Scotia Health Authority

**Date of Publication:** 2019

**Format:** Pamphlet

**Language:** English

**Physical Description:** 1 electronic document ([2] p.) : digital, PDF file

**Subjects (MeSH):** Kidney Diseases  
Constipation - prevention & control

**Subjects (LCSH):** Kidney disease  
Constipation

**Abstract:** This pamphlet provides tips on preventing and managing constipation in chronic kidney disease. This pamphlet is not for dialysis patients. Information includes best choices for high-fibre foods, recommended fibre supplements, and stool softeners and laxatives. The Bristol Stool Chart is also included.

**Responsibility:** Prepared by: Kidney Health Services, Yarmouth Regional Hospital

**Pamphlet Number:** 2011