

TREATMENT PROTOCOL**CONSTIPATION****1. Symptoms/Presentation:**

- Difficulty defecating (evacuation of the bowels)
- Infrequent defecation with passage of unduly hard and dry stool
- Sluggish action of the bowels
- Abdominal distension

2. Obtain medical history:

- Does he/she have a history of constipation or bowel disease?
- If yes, what medication has he/she taken in the past?
- How many days since he/she had a bowel movement?

3. Encourage an increase of fluid intake, especially water:

- Six to eight cups daily (64 oz.)
- To increase activity, e.g. walking about cell

4. Inmate to alert Facility Nurse.