Treatment of Constipation in Adults

Assess patient and identify possible cause(s)

**Faecal Impaction**
1st line
Macrogols 3 to 8 sachets for up to 3 days. Review daily

**Opioid Induced Constipation**
1st line
Senna 7.5mg tablets 2 at night
Docusate Sodium 100mg BD if stool is hard, up to 500mg daily in divided doses

**Acute Constipation**
1st line
Senna 7.5mg tablets 2 to 4 at night
Docusate Sodium 100mg BD initially. Can increase up to 500mg daily in divided doses if required

**Chronic Constipation**
1st line (treat as for acute initially)
Ispaghula (Fybogel) 1 sachet BD

**Palliative Care**
1st line
Senna 7.5mg tablets 2 to 4 at night
Docusate Sodium 100mg BD initially. Can increase up to 500mg daily in divided doses if required

2nd line
Senna 7.5mg tablets 2 BD
Docusate Sodium up to 500mg daily in divided doses

2nd line
Consider Bisacodyl / Glycerol suppositories

2nd line
Macrogols 1 – 3 sachets daily for 2 weeks followed by 1 – 2 sachets daily maintenance

2nd line
Macrogols (discuss with palliative care team)
Consider Bisacodyl / Glycerol suppositories

3rd line
Macrogols

3rd line
Consider Bisacodyl / Glycerol suppositories

3rd line
Codanthramer

**Refractory Cases and Impaction** Arachis oil enema to soften faeces at night followed by phosphate enema in the morning. Exclude obstruction or ileus.

NOTE: Any medications can only be administered as prescribed.