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.