### Constipation

Constipation occurs when bowel movements become difficult or less frequent. Certain foods and medicines, especially pain medications, may cause constipation.

**Some things that may help:**
- Drink plenty of fluids.
- Eat food with fiber such as: shredded wheat, oatmeal, bran, whole wheat breads and cereals, beans, nuts, dried fruit, vegetables, and fresh fruit.
- Try to exercise and stay active.
- Take stool medications as ordered.

**When to call us:**
- If your child has no stool for 2 days.
- If your child has abdominal pain that disrupts normal activity.
- If your child has pain when trying to stool (have a bowel movement).

**Contact Us**

For patient care assistance, please call the following phone numbers:
- Jimmy Fund Clinic (617) 632-3270
  Business Hours 8 a.m. to 5 p.m., Monday through Friday
- Page Operator (617) 632-3352
  Off hours: weekdays after 5 p.m., holidays, and weekends
  Page pediatric hematology/oncology fellow on call
- Life Threatening Emergencies dial 911