

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