



Talking to Your Doctor About Opioid-Induced Constipation



Overview

You take an opioid medication for pain, and it's causing constipation. This is a common problem for people who take these kinds of medications. But the symptoms can be improved. We can treat your constipation without changing your pain medication. But first, you need to tell your doctor about the problem. Here are some tips to help.

You aren't the only one

First, know that your doctor has helped others with this problem before. It happens to a lot of people who take opioids. So this won't be new to your doctor.

Your doctor is there to help

Next, know that your doctor wants to help you. Finding a way to help you is your doctor's job. But your doctor can't help you unless you speak up. Being open and honest is your job.

Write it down

Finally, if you know it will be hard to bring up, do a little preparation. Write down your symptoms. That way, when you're at your appointment you can just hand the list to your doctor. Writing it down can be a good way to get a conversation started.

Conclusion

Constipation isn't easy to talk about. But keeping it a secret is harmful. It can get worse over time. It can cause other health problems. But your doctor can help relieve your constipation while making sure you have the pain medication you need. So don't wait, speak up. Your doctor will create a plan that's right for you.

