

# Constipation

Introduce yourself , take permission

Patient profile (name , age , occupation , address, marital status)

Chief complaint + duration

## Analysis of the Chief Complaint

**Onset** ( sudden or gradual, progression, first time) = **OPP**

**Frequency:** Times per day

**Consistency:** (Sausage shape, separate hard lumps like nuts)

**Blood:**

**Caliber:** large caliber, narrow or pencil thin stools

**Amount (small/large)**

**Mucous**

**Pain**

**Melena**

**Associated symptoms (finish the CC analysis then ask about them ↓)**

## Associated symptoms

**Constitutional:**

- Weight Loss
- Anorexia
- fever
- night sweat

**GI: From above to down**

- a) Mouth ulcers → IBD
- b) Nausea & Vomiting → Intestinal obstruction
- c) Abdominal pain >> Intestinal obstruction, IBD
- d) Abdominal distention → IBS, Intestinal obstruction
- e) Alternating diarrhea → IBS
- f) Anal pain or itching → Hemorrhoid, Perianal fissure

**MSS**

Skin rash, Joint Pain, Eye Symptoms

**Hypothyroidism** : Cold intolerance, Weight Gain , fatigue.

**DM** : Polyuria, Polydipsia, Polyphagia

**Hypercalcemia :** Renal stones , bone pain , polyuria , abdominal pain.

**Dehydration :** feeling thirst , dark urine , oliguria

**Risk factors**

I. IBD → Family hx

II. Colon CA → Low fiber diet, family hx

III. Intestinal obstruction (Adhesions) → Previous surgeries

**Review of systems**

**Past medical and surgical**

- Previous attacks
- Previous surgeries → Intestinal obstruction (Adhesions)
- Chronic illness
- (DM, HTN, Hyperlipidemia) , Hx of trauma (spinal cord)

**Drug Hx:** →Iron and Ca supplement , opioids , thiazides , Antacids

**Family Hx:** Ask about relevant conditions related ( IBD , Colon CA ) and any chronic diseases.

**Social Hx:** Smoking history (# of pack years), alcohol , travel history , Diet and water intake



