

Patient Information Sheet

Below is a sample of a patient educational sheet that might be useful for patients who will be taking opioids for pain. The addition of your office telephone numbers and other contact information to this sheet will provide your patients with a helpful reference resource regarding the effects of opioid use on constipation.

Patient Information Sheet PAIN MEDICINE AND CONSTIPATION

We have just given you a prescription for an opioid drug to take care of your pain. This medication will almost certainly cause constipation while taking it. To keep your bowels moving regularly, we suggest the following steps:

- Keep as active as you can and drink plenty of fluids.
- Buy senna and docusate from the pharmacy.
- Take 2 senna tablets and 2 docusate tablets each day. If this dose does not keep your bowels moving, take 2 senna tablets and 2 docusate tablets each morning and 2 senna tablets and 2 docusate tablets each evening.
- If this higher dose of senna is not effective, call our office at (###) ### - #### for a recommendation as to what to do next.

Insert:
Your Practice Logo
and Office Contact Information