

# SPOTLIGHT ON PREVENTION

Partnering to protect people  
with special needs

## MEDICATIONS & OTHER RISK FACTORS FOR CONSTIPATION

### Medications that may contribute to constipation:

#### Antacids

Amphojel/aluminum hydroxide, Tums/calcium carbonate

#### Antiarrhythmics

Calcium channel blockers, especially verapamil

#### Anticholinergic drugs

Cogentin/benzotropine, scopolamine (transdermal), methscopolamine, atropine, propantheline

#### Anticonvulsants

Klonopin, Cerebyx, Neurontin, Lamictal, Dilantin/phenytoin, Topamax, Depakote, Felbatol

#### Antidepressants

particularly lithium and tricyclics like Elavil, Anafranil, desipramine, Pamelor, Tofranil/imipramine

#### Antihistamines

Benadryl

#### Antihypertensives

Captopril, Catapres/clonidine, Altace, Accupril, Inderal/propranolol

#### Antilipidemics

Lipitor (atorvastatin), simvastatin, lovastatin, pravastatin

#### Antipsychotics

Clozaril, Risperdal, Zyprexa, Haldol, Seroquel, Mellaril, Thorazine, Abilify, Geodon

#### Anti-ulcer medications

Aciphex, ranitidine

#### Diuretics

Diamox, Lasix, Hydrochlorothiazide, Zaroxolyn, torsemide

#### Nonsteroidal anti-inflammatory drugs (NSAIDs)

Motrin/ibuprofen, Celebrex, Indocin, Toradol, Vioxx

#### Opioid analgesic

codeine (30 mg in Tylenol #3), fentanyl, morphine, oxycodone, hydromorphone, meperidine

### Other risk factors that may contribute to constipation:

#### A low fiber (low residue) diet

#### Not enough fluid intake or dehydration

#### Medication changes

Newly prescribed medication or change in dosage

#### Inactivity and immobility

Movement disorders, gait disturbance, wheelchair use

#### Environmental factors

Lack of routine, lack of privacy, changes in routine

#### Ignoring the urge to have a bowel movement

#### Structural abnormalities

Hemorrhoids, tumors, narrow openings, anal fissures

#### Smooth muscle or connective tissue disorders

Such as amyloidosis, scleroderma

#### Neurological disorders:

Such as Parkinson's disease, spinal cord tumors

#### Depression, stroke, diabetes, thyroid disease, scoliosis, cerebral palsy quadriplegia, paraplegia

#### Metabolic/endocrine disorders

High calcium, low potassium, low or high thyroid hormones (hypothyroidism or hyperthyroidism), diabetes, Addison's disease

#### Acute illness

#### Recent placement under general anesthesia

#### Frequent use or misuse of laxatives

