

Constipation

RFQs

- How has your weight been?
- Have you noticed blood in your stool? What shade is it? Is it mixed in with the stool?

Provide

I agree that this looks like simple constipation. You have a choice of something mild like bisacodyl tablets or something reliable like laxido sachets to soften your stool. What would you prefer? Take them until at least a month after the problem has settled, but you will probably want to reduce the dose, so that you are not too soft or going too frequently once your bowels have started working again and the backlog has shifted.

Safety net:

Your blood count was reassuring. but if you notice blood in your stool, or if you bowel habit changes significantly, or you lose weight, without meaning to, we should see you again.