

١٩ رمضان

اللهم لا سهل إلا ما جعلته سهلاً

وأنت تجعل الحزن إذا شئت سهلاً

# MIRACLE Academy

قال تعالى (يَزِفَعُ اللَّهُ الَّذِينَ آمَنُوا مِنْكُمْ وَالَّذِينَ أُوتُوا الْعِلْمَ دَرَجَاتٍ)

تفريغ OTC

زميلتكم لجين أبو خرمة

اللهم انصر إخواننا في  
غزة ودرعا اللهم خفف  
عنهم واجبر كسرهم  
واشف مرضاهم وتقبل  
شهادتهم



لجان الدفوعات

بسم الله بنبراً ♥

# Constipation

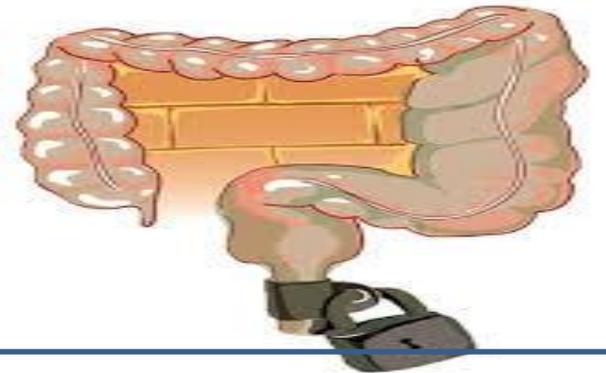
- Many people believe that a **daily bowel movement** is necessary for good health. However, the **normal range may vary**: from three movements/day to three movements/week.

\* حركة الأمعاء تختلف من شخص لآخر لذلك الإسهال والإمساك هم subjective

- It's important for the pharmacist to find out what the patient means by constipation (by taking details about the bowel habit).

← لازم نسأله عن daily bowel movement وشو الطبيعي عنده وشو قصده بالإمساك

**CONSTIPATION**



الإمساك حسب تعريفه ، وغالباً يتم تشخيصه من المريض

Constipation is a condition that is difficult to define and is often self-diagnosed by patients.

Generally, it is characterized by the unsatisfactory passage of hard, dry stools less frequently than by the person's normal pattern.  
لكن بشكل عام هو خروج براز صلب وجاف  
وبمعدل أقل من الطبيعي \*

It may be uncomfortable, and there is a sense that passage of stools is incomplete.

It is important for the pharmacist to find out what the patient means by constipation and to establish what (if any) change in bowel habit has occurred and over what period of time.

كيف يصف المرضى حالة الإمساك؟  
Patients may describe constipation as:

1. Straining to have stool.
2. The passage of hard, dry stool.
3. The passage of small stools.
4. Feelings of incomplete bowel evacuation.
5. Bloating or decreased stool frequency.

The pharmacist has an important health education role in reassuring patients that their frequency of bowel movement is normal.

حسب طبيعة bowel هذه

# Epidemiology

a. **Age**. Constipation is common in all age groups, however ; there is a higher prevalence in people > 65 years of age.

شائع أكثر عند كبار السن

b. **Gender**. Women suffer from constipation more of ten than men

شائع عند النساء < الرجال

## What you need to know / Duration

A change of 'bowel habit', which has **lasted for 2 weeks or longer**, would be an indication for **referral**. ←



## What you need to know/ Associated Symptoms/ *Blood in the stool*

The presence of **blood in the stool** can be associated with constipation and, **although alarming**, is not necessarily serious, but does **require medical referral for diagnosis**.

In such situations, **blood may arise from** piles (hemorrhoids) <sup>①</sup> or a small crack in the skin on the edge of the anus (anal fissure) <sup>②</sup>.

Both these conditions can be **caused** by a diet low in fiber that tends to produce constipation.

يمكن بسبب قلة الألياف في نظامه الغذائي

## What you need to know/ **Diet** لازم أسأله شو طبيعة أكله ؟ وإذا بياكل خضار وفواكه ؟

**Insufficient dietary fiber** is a common cause of constipation.

An impression of the fiber content of the diet can be gained by asking what would normally be eaten during a day, looking particularly for the presence of cereals, brown bread, fresh fruit and vegetables.

**Changes in diet and lifestyle**, for example, following a job change, loss of work, retirement or travel, may result in constipation.

سفر → may ignore going to bathroom!

**Inadequate intake of food and fluids**, for example, in someone who has been ill, may also be responsible for constipation.

**Lack of exercise** or reduced mobility is also implicated, and regular exercise has a role to play in managing constipation.

**Caffeine** in coffee, tea and some soft drinks can aggravate constipation by contributing to dehydration. Cause

# Causes of constipation

## Most common

- ① Inadequate fiber or fluid intake
- ② Poor bowel habits

## Systemic disease

Endocrine: hypothyroidism, hyperparathyroidism, diabetes mellitus <sup>DM</sup>

Metabolic: hypokalemia, hypercalcemia, uremia, porphyria

Neurologic: Parkinson disease, multiple sclerosis, sacral nerve damage (prior pelvic surgery, tumor), paraplegia, autonomic neuropathy

شلل

## Medications

- \* Opioids
- \* Diuretics
- \* Calcium channel blockers CCB (Verapamil)
- \* Anticholinergics like antihistamine
- \* Psychotropics
- Calcium and iron supplements
- \* NSAIDs
- \* Clonidine
- \* Cholestyramine

Irritable bowel syndrome (IBS) may cause diarrhea, constipation or both

## عندشو لازم أسأل المريض؟

Table 7.18

### Specific questions to ask the patient: Constipation

Question	Relevance
① Change of diet or routine	Constipation usually has a social or behavioural cause. There will usually be some event that has precipitated the onset of symptoms.
② Pain on defecation	Associated pain when going to the toilet is usually due to a local anorectal problem. Constipation is often secondary to the suppression of defecation because it induces pain. These cases are best referred for physical examination.
③ Presence of blood	Bright red specks in the toilet or smears on toilet tissue suggest haemorrhoids or a tear in the anal canal (fissure). However, if blood is mixed in the stool (melaena), referral to the doctor is necessary. A stool that appears black and tarry is suggestive of an upper gastrointestinal bleed.
④ Duration (chronic or recent?)	If a patient suffers from long-standing constipation and has been previously seen by the doctor, treatment could be given. However, cases <u>&gt; 14 days with no identifiable cause</u> or previous investigation by the doctor should be referred. ↩
⑤ Lifestyle changes	For example, changes in job or marital status can precipitate depressive illness that can manifest with physiological symptoms, such as constipation.

# Treatment goals

1. Relieve constipation and re-establish normal bowel function
2. Establish dietary and exercise habits that aid in preventing recurrence *لمنع تكراره ✓*
3. Promote the effective and safe use of laxative products.
4. Avoid overuse of laxatives. #

↳ overuse will lead to constipation

So must not used routinely / daily

↳ حث ما يصير dependance [أنت ما يقدر يروح على الحمام إلا ليأخذ laxative]

## Treatment of constipation

Initial management of constipation involves:

### Non-Pharma :-

1. Increase the amount of fiber consumed daily (fruits, vegetables, bran and cereals).
2. Increasing fluid intake.
3. Regulation of bowel habits
4. Regular exercise.
5. Treatment of the cause ✓
6. For drug causes of constipation, a non constipating alternatives should be used. If no alternatives exist, lower the dose.



لازم أحمدا إذا الدواء OTC ← بقدر أعطي للمريض alternative

ولكن لو Prescribed ← ما بقدر أنا كهيلا في أعده اشفي . بيرجع المريض لدكتوراه إما بقلله الجرعة أو بيعطيه بديل (Rx-drug)

## Nonpharmacologic treatment of constipation

- If dietary modifications are not effective, patients may choose to supplement their diet with a commercially available **fiber supplement**
- The beneficial effect from a high-fiber diet or fiber supplement usually is not immediately achieved. Individual **benefits will vary and may take 3-5 days or longer.**

→ take time

لازم ياخذ معها كمية كافية من السوائل  
خاصة في الاسبوع الأولى

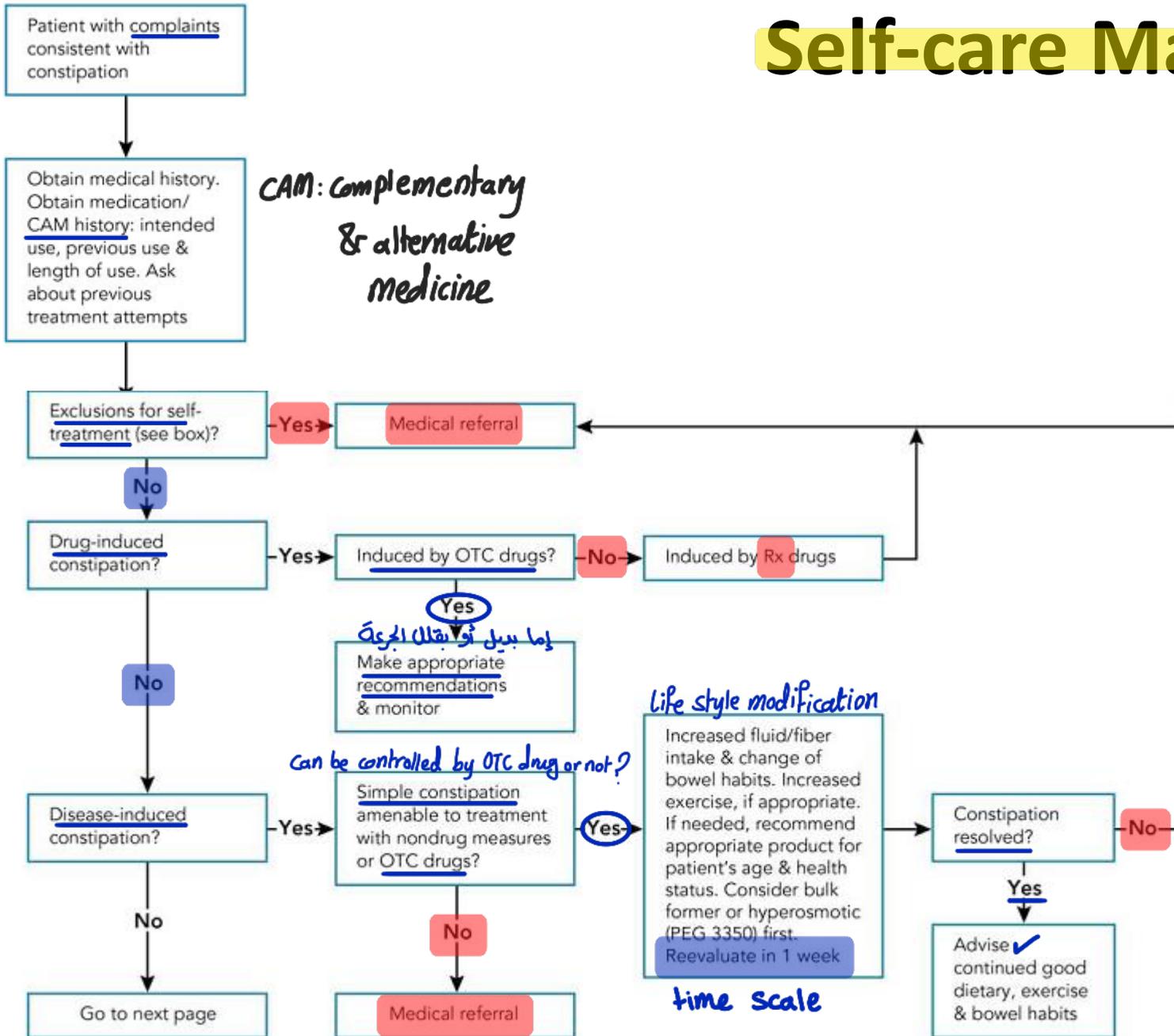
- Recommend that patients gradually increase fiber intake over a period of 1-2 weeks increase tolerance. Significantly increasing dietary fiber from any source **may lead to erratic bowel habits, flatulence, and abdominal discomfort during the first few weeks.**

لو ما عملها كذا؟

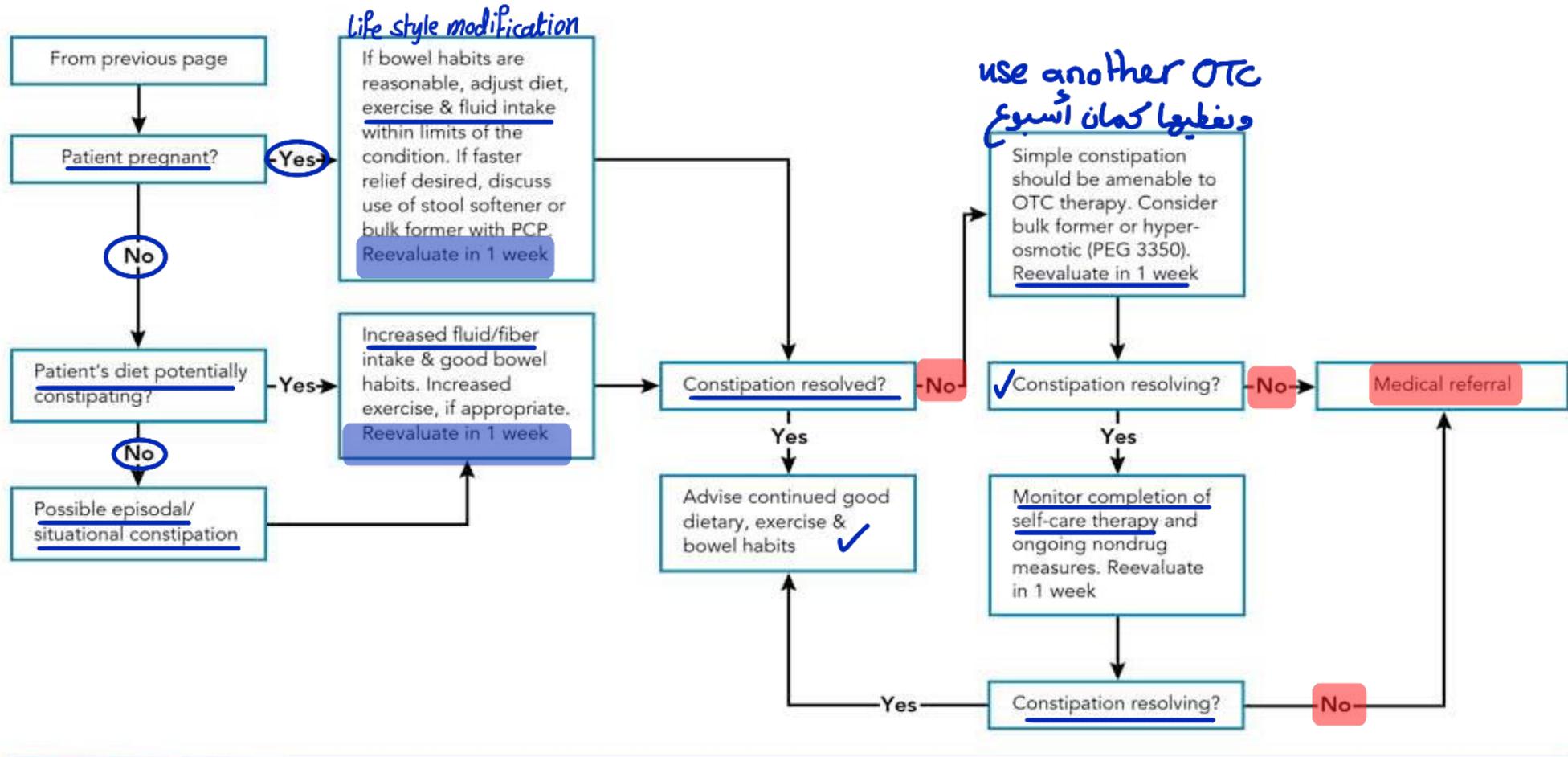
- Advise patients to increase their fluid intake when increasing dietary fiber. In general, **2 liters of fluid per day is recommended.**

ولكن لو مريضين renal impairment وما يقدر يزيد السوائل؟ لازم يزيد ال fibers

# Self-care Management



# Self-care Management



## What you need to know/ When to Refer

- Change in bowel habit of 2 weeks or longer.
- Presence of abdominal pain, vomiting, bloating.
- Weight loss.
- Blood in stools.
- Prescribed medication suspected of causing symptoms.
- Failure of OTC medication.
- If 1 week's use of treatment does not produce relief of symptoms, the patient should see the doctor.

- **Treatment timescale**

- If 1 week's use of treatment does not produce relief of symptoms, the patient should see the doctor. If the pharmacist feels that it is necessary to give only dietary advice, then it would be reasonable to leave it for about 2 weeks to see if the symptoms settle.

total period for evaluation or outcome 2 weeks وفي هاي الحالة 2 weeks

Medical Referral ← وطبياً إذا الأعراض ما تسنت بعدها أسبوعين

# Management

**Stimulant  
laxatives**

**Bulk-Forming  
Agent**

**Osmotic  
laxatives**

**Emollient  
Laxatives**

الأشهر - highest effective

## a. Stimulant laxatives



← تسرع onset Available in tablet and suppository formulations.

induces a bowel movement within 6–10 hours when given orally and 30–60 minutes when taken rectally.

# Laxatives



Sennosides; Occur naturally in plants

Produce a bowel movement in 6–12 hours when given orally

# Laxatives

## a. Stimulant laxatives

All stimulant laxatives can produce <sup>as side effect</sup> cramping pains.

They should be used for a <sup>ما يعبر أسبوعه أكثر من أسبوع</sup> maximum of 1 week.

Bisacodyl tablets are enteric coated and should be swallowed whole because bisacodyl is irritant to the stomach. Ingestion should be avoided within 1 to 2 hours of ???... → "Don't crush or chew the tablet"  
→ avoid drugs that increase acidity  
حتى ما تفتح الحبة بالمعدة بيد الأمعاء!

Castor oil is used less frequently; it is <sup>absolute contraindicated</sup> pregnancy category X and is associated with uterine contractions and rupture. Use of castor oil in breastfeeding is considered "possibly unsafe."

# Laxatives

## b. Bulking Agent; Bulk-Forming Agent



بیشتر عمل رفس شغل ال fibers

Are those that most closely copy the normal physiological mechanisms involved in bowel evacuation and are considered by many to be **the laxatives of choice** (Fibers).

Bulk-forming laxatives are **indigestible, hydrophilic colloids** that absorb water, forming a bulky gel that distends the colon and promotes peristalsis.

onset کثیر باخز وقت

The laxative effect can take several days (12-24 hours but may require 3 days in some individuals) to develop.

# Constipation

لا تسوننا من صباح دعا انكم

## b. Bulking Agent; Bulk-Forming Agent

*Psyllium*, *ispaghula*, *methylcellulose* are especially **useful** where patients have **difficulty in increasing their intake of dietary fiber using fruit, vegetables and bran** (نخالة).

- **Advice by the pharmacist**

**It's necessary to increase fluid intake** with bulk laxatives. Inadequate fluid intake → risk of intestinal obstruction.

In the form of granules or powder, the preparation should be **mixed with a full glass of liquid** (e.g. fruit juice or water) before taking and ideally **followed by a further glass of liquid**.

ممکن نتاخذ مع عصير حادي

**Fruit juice can mask the bland taste of the preparation.**