



Opioid Induced Constipation Conversation Guide

Having to live with chronic pain is difficult enough without the added burden of opioid induced constipation. This guide will help you to have a meaningful conversation with your health care provider. Use this tool before you go to your next appointment if you are taking an opioid and having trouble with opioid induced constipation.

Opioids that I take on a schedule



0

1



2

3



4

5

6



7

8



9

10

Don't take them on a schedule

Times per day

Opioid medications I take as needed



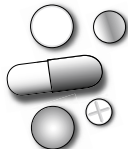
0

1



2

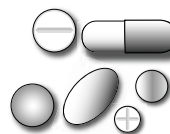
3



4

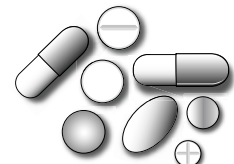
5

6



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None

Times per day

Feeling bloated



0

1

2

3

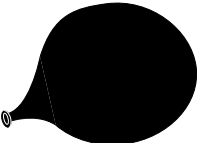
4

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None

Extremely

Abdominal pain



0

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None

Extreme pain

Bowel movements per week



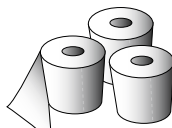
0

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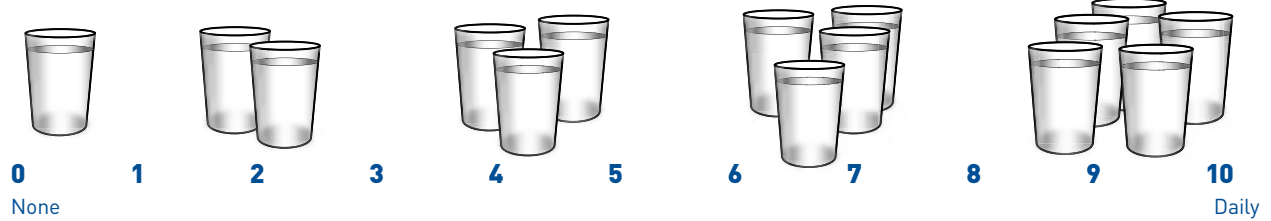
None

Daily

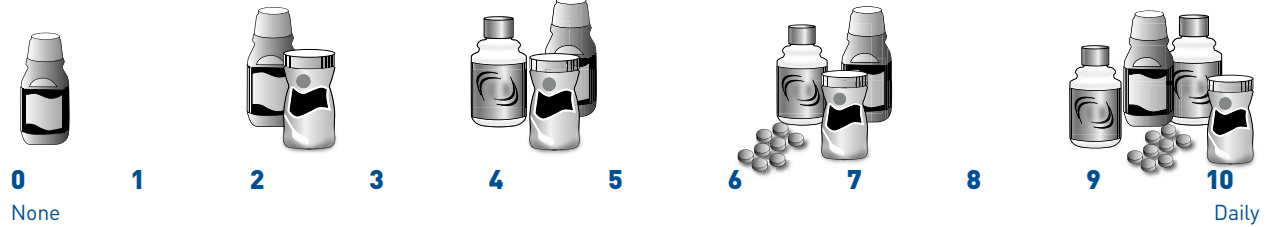


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Glasses of water consumed per day



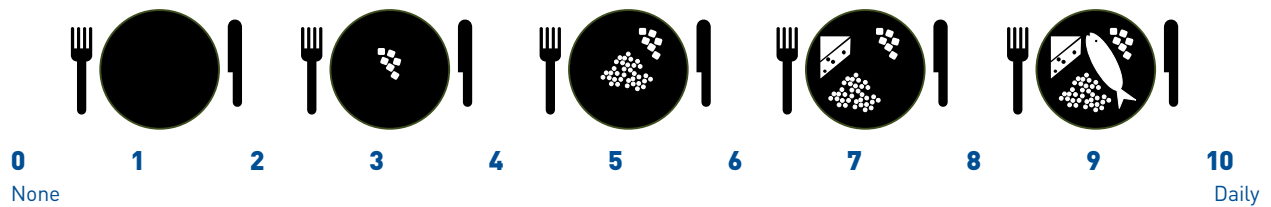
Amount of laxatives



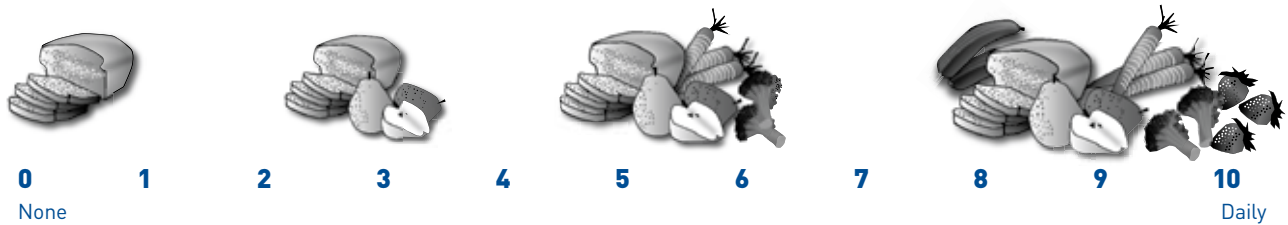
Exercise



Appetite

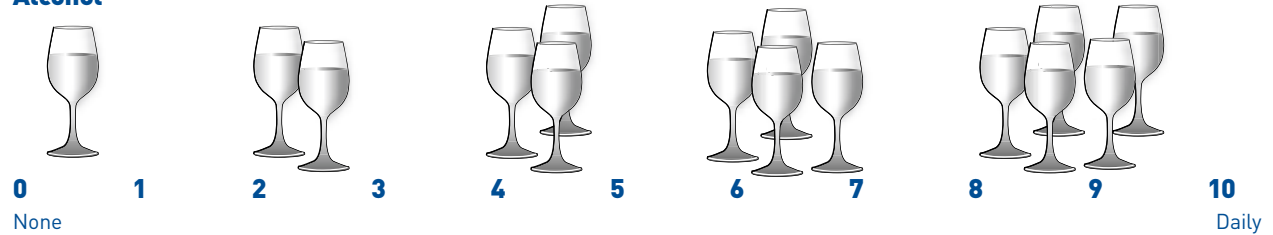


High fiber in diet





Alcohol



Stress

