

Constipation



Constipation is a common problem that affects 1 in 4 adults. It is defined as a change in bowel habits that may involve infrequent, incomplete or difficult bowel movements.

It should be noted that the frequency of "normal" bowel movements varies from three times a day to three times a week, and that it also varies from person to person. Furthermore, the body does not require daily bowel movements.

Diagnosis and Symptoms

A diagnosis of constipation is usually based on symptoms (abdominal discomfort, pain when passing stool and hard stool) and a physical examination. Further testing may