

OIC Doctor Discussion Guide

Could you be suffering from opioid-induced constipation (OIC)?

OIC is a different type of constipation. Please answer the following questions to help guide your discussion with your health care provider today!

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I am taking this/these opioid pain medications for chronic non-cancer pain:

Codeine Oxycodone Fentanyl Other: _____
 Hydrocodone Morphine Tramadol

My constipation started or worsened after I began taking an opioid pain medication.

Yes No I don't know

I am experiencing the following symptoms:

Fewer than 3 spontaneous bowel movements per week Straining when trying to go to the bathroom
 Unable to have a complete bowel movement Feeling like I need to "go" but not being able to
 Hard or lumpy stool

I have used the following to manage my constipation:

Lifestyle changes like diet and/or exercise I have not yet tried to manage the problem
 Over-the-counter laxatives (see below) Other: _____
 Prescription laxatives

I am currently using or have previously used the following over-the-counter laxatives to manage my constipation:

Metamucil® (psyllium) Dulcolax® (bisacodyl) Senokot® (senna)
 Colace® (docusate sodium) MiraLAX® (polyethylene glycol 3350) Other: _____

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I have been using or used this medication for (please indicate length of time): _____
