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 ____________________________________________
___ Hydrocodone ___________ Fentanyl ________________
___ 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
___ Unable to have a complete bowel movement
___ Hard or lumpy stool
___ Straining when trying to go to the bathroom
___ Feeling like I need to “go” but not being able to

I have used the following to manage my constipation:

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

Other: ____________________________________________

I am currently using or have previously used the following over-the-counter laxatives to manage my constipation: I have been using or used this medication for (please indicate length of time):

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

Other: ____________________________________________

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