

# Constipation Solutions

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15 apr 2025 constipation is usually treated with changes in diet and exercise or with  
nonprescription medicines constipation may require medicines changes in medicines or  
other treatments

15 apr 2025 treatment for constipation usually begins with diet and lifestyle changes  
meant to increase the speed at which stool moves through the colon also your health  
care professional may

26 jan 2024 nonprescription laxatives for constipation use with caution laxatives can help  
relieve and prevent constipation but not all laxatives are safe for long term use overuse of  
certain laxatives

2 aug 2019 dear mayo clinic is it safe to take a stool softener daily to prevent constipation  
what are the side effects of doing so long term answer there currently isn t any research  
that

15 apr 2025 por lo general el estreñimiento se trata con cambios en la alimentación y ejercicio o con medicamentos de venta libre puede que sean necesarios medicamentos cambios en los

15 apr 2025 chronic constipation care at mayo clinic your mayo clinic care team in addition to a gastroenterologist the care team may include specialists in colon and rectal surgery gynecology

find possible causes of symptoms in children and adults see our symptom checker

16 apr 2025 constipation in children is a common problem a constipated child has infrequent bowel movements or hard dry stools common causes include early toilet training and changes in diet

13 jan 2021 if you re having difficulty with constipation here are some steps that can help soften your stools and keep your bowels moving eat more fiber adding fiber to your diet increases the weight of

5 okt 2024 learn about baby bowel habits so you can recognize the difference between typical stool passage and constipation in infants

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