Memorial Sloan Kettering Cancer Center

PATIENT & CAREGIVER EDUCATION

Urgent Care Center and Symptom Care Clinic Nursing Discharge Instructions: Constipation

This information explains nursing discharge instructions for constipation (trouble pooping) from the Urgent Care Center (UCC) or the Symptom Care Clinic (SCC).

Constipation

Keep track of your bowel movements (poop). If your healthcare provider told you to take medicine to help prevent or get rid of constipation, take as directed.

Call your MSK healthcare team or go to the nearest emergency room if you have:

- New or has gotten worse nausea (feeling like you're going to throw up) or vomiting (throwing up) that doesn't get better after taking medicine.
- A fever of 100.4°F (38°C) or higher.
- New or has gotten worse abdominal (belly) pain.
- A lot of trouble passing gas or having a bowel movement.

Your care team may direct you to your regional Symptom Care Clinic (SCC) or the Urgent Care Center (UCC).

Follow up with your MSK healthcare team after discharge.

You can search for information on this topic and many others in MSK's Patient and Caregiver Education library at www.mskcc.org/pe

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

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