



ACPA[®]

American Chronic Pain Association

Opioid Induced Constipation (OIC)

Have a meaningful conversation with your healthcare provider about OIC.

Opioids that I take on a schedule



1



3



5

6



7

8



9

10

Don't take them on a schedule Times per day

Opioid medications I take as needed



1



3



5

6



7

8



9

10

None Times per day

Feeling bloated



1



2

3



4

5

6



7

8



9

10

None Extremely

Abdominal pain



1



2

3



4

5

6



7

8



9

10

None Extreme pain

Bowel movements per week



1



2

3



4

5

6



7

8



9

10

None Daily



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Glasses of water consumed per day



Amount of laxatives



Exercise



Appetite



High fiber in diet

