

# My health diary



**This diary is for people who are experiencing constipation and constipation-related symptoms whilst taking strong painkillers known as opioids.**

Opioids are a type of strong painkiller prescribed by a doctor for severe pain. Like all medicines, opioids can cause side effects. Opioids are a specific cause of constipation in many people who take them long-term for pain. This is called opioid induced constipation.

This diary is designed to help you to record constipation-related symptoms, including any impact they have on your mental wellbeing and quality of life. You should also let your doctor or nurse know if you think you are experiencing other side effects of opioids or any other medicines.

This diary will help you build up a good picture of your bowel habits, any constipation or related symptoms and how they are making you feel so you can easily share this information with your doctor.





## Remember...

- Talking about poo shouldn't be a taboo — opioids cause constipation in many people who take them for pain
- Your doctor doesn't want you to suffer in silence and they speak about bowel habits and other intimate problems with people every day
- Opioid induced constipation is unlikely to get better on its own, so you need to speak to your doctor to get the help you need
- You'll feel so much better just talking to your doctor about this, and discussing constipation with your doctor will help them find the right treatment for you

**It's important to speak  
to your doctor about your symptoms —  
you don't need to deal with them on your  
own and it's never too early or  
too late to speak up.**

