

CONSTIPATION: A PHARMACIST'S VIEW AND ROLE

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Constipation is a common and widely seen condition in adults as well as children. The goal of managing constipation is reducing complications associated with it so as to improve the patient's quality of life. The pharmacist can play a vital role while reviewing the patient's medications and herbal supplements to rule out secondary causes of constipation. The pharmacist also plays an integral role in choosing appropriate therapies for primary constipation and monitoring the efficacy and toxicity of these agents. Pharmacists ensure that the patients are being very convincingly counseled and recommended to implement lifestyle modifications including increased fiber intake, hydration, and increased physical activity. This article briefly compiles some necessary information regarding causes and remedies of constipation.



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