

TALKING



CLOZAPINE AND CONSTIPATION

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SIXTY PERCENT:

Between 30% and 60% of patients on clozapine experience constipation

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THREE TIMES:

Constipation 3 times more likely with clozapine than other antipsychotics

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ONSET EARLY:

The onset of constipation is often but not exclusively within the first 4 months

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OVER 60's ↑ RISK:

Other risk factors include Obesity, High clozapine doses, Dehydration, Hypothyroidism

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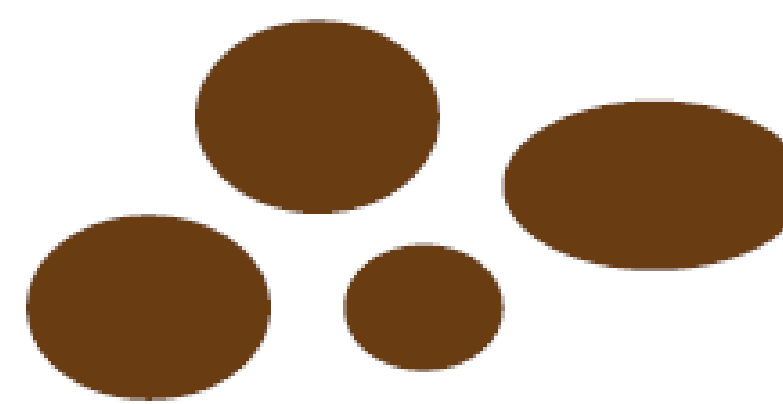
LIFE THREATENING:

Mortality rates in severe constipation are 20-30%, with a 7 fold increase in fatal ileus

Bristol Stool Chart

Type 1

Separate hard lumps, like nuts (hard to pass)



Type 2

Sausage shaped but lumpy.



Type 3

Like a sausage but with cracks on its surface



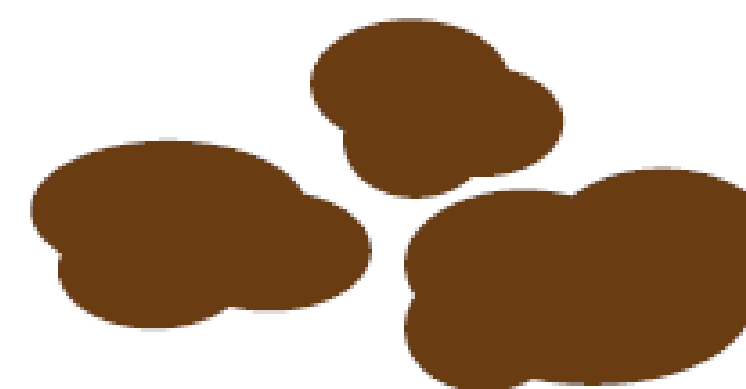
Type 4

Like a sausage or snake, smooth and soft.



Type 5

Soft blobs with clear-cut edges (passed easily).



Type 6

Fluffy pieces with ragged edges, a mushy stool.



Type 7

Watery, no solid pieces. Entirely liquid.



LIFESTYLE:

Increase exercise, dietary fibre and fluid intake

OBSERVE:

Bowel charts and food and fluid charts can help with the early identification of constipation

ORAL LAXATIVES:

Softening: Laxido, Lactulose
Stimulating: Senna, Dulcolax

SEEK HELP:

The ward or duty medics are always available. In serious cases, specialist advice may be required

ENEMA:

Glycerin suppositories and sodium picosulphate enemas are an option in severe cases

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