

What is Constipation?

Constipation is something that everyone has likely experienced at one time or another. Two types of long-term constipation are Chronic Idiopathic Constipation (CIC) and Irritable Bowel Syndrome with Constipation (IBS-C).



If you are experiencing constipation, **you are not alone.**

Constipation symptoms may include infrequent or hard-to-pass bowel movements, bloating, straining, discomfort, and never really feeling empty. While CIC and IBS-C share many of these same symptoms, there are important differences between the two.

CIC

Chronic Idiopathic Constipation

People with CIC can experience:

- Less than 3 bowel movements (BMs) per week
- Hard-to-pass BMs
- Straining
- Discomfort
- Not feeling empty after a BM



1 in 7 U.S. adults have CIC

IBS-C

Irritable Bowel Syndrome with Constipation

In addition to symptoms of CIC, patients with IBS-C also have abdominal pain.



1 in 20 U.S. adults have IBS-C

Did you know?

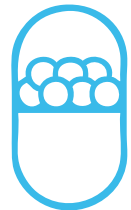
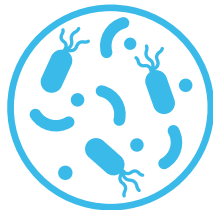
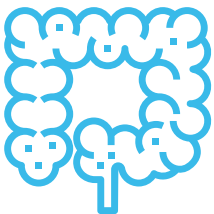


- **Irritable Bowel** means abnormally sensitive intestines. Intestines are responsible for digesting food and getting rid of waste.
- A **Syndrome** is a condition characterized by a set of associated symptoms.
- **Chronic** is otherwise known as "long-lasting".
- **Idiopathic** means that the cause is unknown.
- **Constipation** is commonly defined as having hard bowel movements fewer than 3 times per week.

What causes IBS-C and CIC?

The exact cause of these conditions is not known. Some possible causes include:

- Changes in how the brain and the intestines communicate
- Changes in the bacteria in the gut
- Certain medical conditions
- Certain medications



Questions to Ask Your Doctor

- What might be causing my constipation?
- What are my options if lifestyle changes and over-the-counter medications haven't worked?
- How many bowel movements should I be having each week?
- What consistency should they be?

