

Managing Constipation While Taking Temazolomide (Temodar)

What to do

This handout is for patients of the Alvord Brain Tumor Center who are taking temazolomide (brand name Temodar).

What is constipation?

Constipation is having hard, dry stool that is painful or hard to pass.

Why do I need to know about constipation?

One of the anti-cancer drugs you are taking, called Temodar, can cause constipation. If you become constipated:

- It could delay other treatment your doctor has planned.
- You could also have bloating, fullness, nausea, and vomiting.

How do I avoid constipation?

Constipation can cause serious problems in your body. Your goal is to easily pass soft, formed stool every day or two. Here are tips to help keep your stool soft.

Diet and Exercise

- Drink at least 8 cups (2 liters) of water every day.
- Walk for at least 15 minutes 2 times a day.
- Eat foods with fiber. Eat foods that have at least 5 grams of fiber in each serving. Some high-fiber foods are mango, pears, cantaloupe, carrots, avocado, lentils, beans, peas, prunes, figs, chia seeds, whole grains, and high-fiber breakfast cereals.



One example of a high-fiber meal.

Medicines

Take the medicines your provider prescribed to help with constipation. You can buy them without a prescription (“over the counter”).

- Take **senna** and **psyllium** daily as prescribed.
- If you do not have results after 2 days, add **lactulose** as prescribed.
- If you do not have results by the 3rd day, call the clinic **right away** for more instructions.

Please tell us if there any other ways we can be of help. We are here to provide you with the best possible care.

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

To talk with a nurse at the Alvord Brain Tumor Center weekdays from 8 a.m to 5 p.m., call our Nurse Line at 206.598.9467.

After hours and on weekends and holidays, you will be given the option to speak directly with a nurse at the Community Care Line.