

Constipation in Individuals with Eating Disorders

Gastrointestinal symptoms, including constipation, are a common symptom of disordered eating. Constipation can be defined as the presence of symptoms such as discomfort, abdominal pain, rectal pain and hard stools.

Constipation often occurs in individuals with eating disorders due to; decreased food and fluid intake, decreased fibre intake, lack of exercise, laxative abuse, weakness of the smooth muscle of the bowel and potassium and magnesium deficiencies.

The use of stimulant laxatives in patients with eating disorders should be avoided whenever possible.

