

# CONSTIPATION IN DOGS

## Helping Your Dog Feel Comfortable Again



Constipation occurs when your dog has difficulty passing stools or is unable to pass stools at all. Prompt recognition and care can help prevent discomfort and more serious problems.



### ? WHAT IS CONSTIPATION?

Constipation is when stools become dry, hard or infrequent, making them difficult or painful to pass.



### ! SIGNS TO WATCH FOR

- Straining to pass stools
- Passing small amounts of dry, hard stools
- No bowel movement for more than 2–3 days
- Restlessness or discomfort
- Loss of appetite
- Vomiting (may occur in severe cases)
- Swollen or painful abdomen



Constipation that worsens or lasts more than a few days can lead to serious complications.

### Q COMMON CAUSES



Inadequate water intake



Low fibre diet or sudden diet change



Lack of exercise



Swallowing hair, fur or foreign material



Painful conditions (arthritis, injuries)



Medications or supplements



Enlarged anal glands



Underlying medical conditions

If the cause is not treated, constipation can return.

### 1 AT-HOME CARE (MILD CASES)



Ensure fresh water is available at all times.



Feed a balanced diet with adequate fibre. Your veterinarian may recommend a fibre supplement or a special diet.



Encourage gentle exercise such as short walks.



Plain canned pumpkin (not pie filling) can help some dogs. Ask your veterinarian for the appropriate amount for your dog.



Do not give human laxatives or stool softeners unless specifically prescribed by your veterinarian.

Home care is only for mild cases. If your dog is straining, uncomfortable or hasn't passed stool for more than 3 days, contact us.

### 2 WHEN TO SEEK VETERINARY ATTENTION

Seek veterinary care immediately if your dog has any of the following:

- No bowel movement for more than 2–3 days
- Straining to pass stool with no result
- Vomiting
- Loss of appetite
- Abdominal pain, bloating or hardness
- Lethargy or weakness
- Blood in the stool
- Puppies, senior dogs or dogs with underlying health conditions

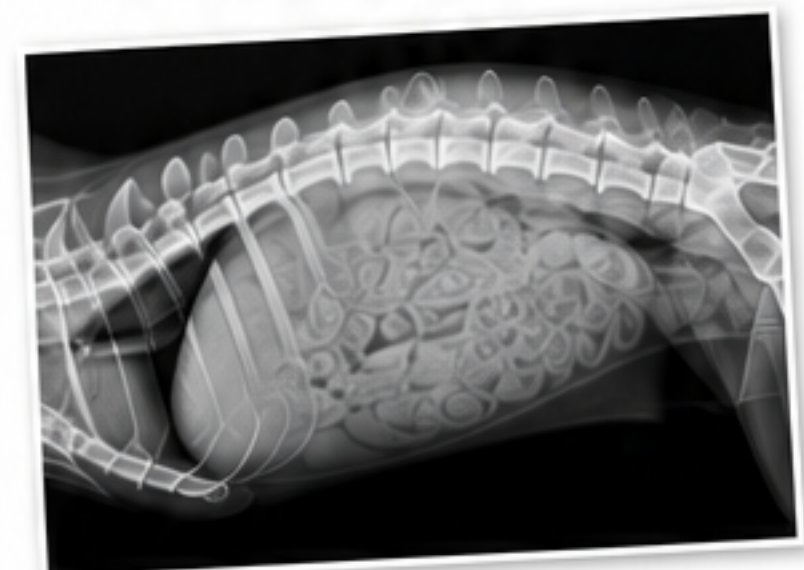


Chronic or severe constipation can lead to megacolon, bowel rupture and other serious problems.

### 3 HOW WE DIAGNOSE

Your veterinarian may:

- Perform a physical examination
- Check the rectum
- Recommend X-rays
- Run blood tests to look for underlying conditions



Accurate diagnosis helps us treat the cause and prevent recurrence.

### 4 TREATMENT AT THE CLINIC



- Removal of impacted stool
- Enemas or fluids to soften stool
- Medications to stimulate bowel movements
- Fluid therapy if dehydration is present

Treatment depends on the severity and underlying cause.

### 5 PREVENTION TIPS

- Provide fresh water daily
- Feed a high-quality diet with adequate fibre
- Regular exercise
- Maintain a healthy weight
- Groom regularly to reduce hair ingestion
- Routine veterinary check-ups



### DID YOU KNOW?

Dogs with recurring constipation may have an underlying condition that needs medical treatment. Early care can prevent bigger problems.

