

# PAYNEHAM VET CENTRE

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## Constipation in dogs

Constipation in dogs can be due to a number of things

1. Dietary
2. Disease condition i.e., prostatic disease
3. Lack of water
4. Lack of adequate exercise

The most common is dietary, and usually the offending diet is bones. Especially seen in Bull Terriers and Blue Heelers.

Constipation occurs when faeces are retained in the colon too long, allowing excess absorption of water from the faeces.

Therapy for constipation includes enemas, laxatives, and addition of fibre to the diet. Some basic ideas are as follows.

1. Numerous bowls of water in the garden
2. Regular exercise, as encourages gut motility
3. Addition of insoluble fibre to the diet
  - (A) Wheat bran and bran cereals
  - (B) Vegetables - pumpkin; canned or cooked
    - sweet potato
    - avoid - beans, cabbage, legumes
  - (C) Fruit - currants
4. Oils- Liquid Paffarin is the best and is often used to treat constipation, but can be unpalatable if mixed in every day meal.
  - Vegetable oil, add enough that the food does not look oily
5. Laxatives - best if only used if prescribed by a veterinarian
  - i.e Coloxyl, Metamucil

PRESCRIPTION DIET HILLS W/D is also available. This a dry and canned food that has been scientifically been formulated by Veterinarians for the treatment of constipation. This special diet works by an increase in fibre to absorb water and increase intestinal motility.