



## GUIDELINES

### Emerging treatments in neurogastroenterology: a multidisciplinary working group consensus statement on opioid-induced constipation.

Camilleri M, et al. *Neurogastroenterol Motil*. 2014;26(10):1386-1395.

» <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4358801/pdf/nihms664356.pdf>

### Clinical guidelines for the use of chronic opioid therapy in chronic noncancer pain.

Chou R, et al. *J Pain*. 2009;10(2):113-130.

» [http://www.ncbi.nlm.nih.gov/pubmed/?term=Chou+R%2C+et+al.+Pain.+2009%3B10\(2\)%3A113-130](http://www.ncbi.nlm.nih.gov/pubmed/?term=Chou+R%2C+et+al.+Pain.+2009%3B10(2)%3A113-130)

### VA/DoD Clinical Practice Guideline: Management of Opioid Therapy for Chronic Pain, 2010.

Department of Veterans Affairs, Department of Defense

» [http://www.va.gov/painmanagement/docs/cpg\\_opioidtherapy\\_fulltext.pdf](http://www.va.gov/painmanagement/docs/cpg_opioidtherapy_fulltext.pdf)

### CDC Guideline for Prescribing Opioids for Chronic Pain — United States, 2016

Dowell D, et al. *MMWR Recomm Rep*. 2016;65(No. RR 1):1-49.

» <https://www.cdc.gov/mmwr/volumes/65/rr/rr6501e1.htm>

### The management of constipation in palliative care: clinical practice recommendations.

Larkin PJ, et al. *Palliat Med*. 2008;22(7):796-807.

» <http://journals.sagepub.com/doi/pdf/10.1177/0269216308096908>

## PATIENT RESOURCES

### Patient Conversation Guide

This patient tool can be completed prior to the visit with the health care provider to guide a meaningful conversation about bowel habits and constipation symptoms.

» [https://www.theacpa.org/uploads/ACPA-Opioid\\_Constipation\\_Chart-V4.pdf](https://www.theacpa.org/uploads/ACPA-Opioid_Constipation_Chart-V4.pdf)

### Patient Education Handout

This leaflet provides patients with approaches to mitigating opioid-induced constipation and includes a list of questions about constipation for patients to ask their doctors or clinics.

» [https://www.acponline.org/system/files/documents/patients\\_families/products/health\\_tips/oic\\_en.pdf](https://www.acponline.org/system/files/documents/patients_families/products/health_tips/oic_en.pdf)

## OTHER RESOURCES

### Consensus recommendations on initiating prescription therapies for opioid-induced constipation.

Argoff CE, et al. *Pain Med*. 2015;16(12):2324-2337.

» <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4738423/pdf/PME-16-2324.pdf>

### A Clinical Guide to Opioid Analgesia. 2nd edition.

Fine PG, Portenoy RK. New York, NY: Vendome Group, LLC; 2007.

» <https://www.amazon.com/A-Clinical-Guide-Opioid-Analgesia/dp/1933692626#>



### **Consensus recommendations for the management of constipation in patients with advanced, progressive illness.**

Librach SL, et al. *J Pain Symptom Manage*. 2010;40(5):761-773.

» [http://www.jpmsjournal.com/article/S0885-3924\(10\)00599-3/pdf](http://www.jpmsjournal.com/article/S0885-3924(10)00599-3/pdf)

### **Responsible Opioid Prescribing. A Clinician's Guide. 2<sup>nd</sup> Edition, revised and expanded.**

Wilson PR. *Pain Med*. 2015;16(5):1027-1028.

» <https://academic.oup.com/painmedicine/article-lookup/doi/10.1111/pme.12711>

## CLINICAL ASSESSMENT TOOLS

### **Bowel Function Index (BFI)**

The BFI provides a numerical score for the prior 7 days based on ease of defecation, feeling of incomplete evacuation, and personal judgment of constipation.

» <http://www.exchangecme.com/resourcePDF/chronicpain/BowelFunctionIndex.pdf>

### **Bristol Stool Form Scale**

This visual scale is used to help patients characterize their stool. It classifies the most commonly passed stool forms into 7 types.

» [https://www.bladderandbowelfoundation.org/wp-content/uploads/2014/12/BBC002\\_Bristol-Stool-Chart-Jan-2016.pdf](https://www.bladderandbowelfoundation.org/wp-content/uploads/2014/12/BBC002_Bristol-Stool-Chart-Jan-2016.pdf)

## SUGGESTED READINGS

### **Constipation in people prescribed opioids.**

Ahmedzai SH, Boland J. *BMJ Clin Evid*. 2010;pii:2407.

» <http://www.ncbi.nlm.nih.gov/pubmed/21718572>

### **Naloxegol for opioid-induced constipation in patients with noncancer pain.**

Chey WD, et al. *N Engl J Med*. 2014;370(25):2387-2396.

» <http://www.nejm.org/doi/pdf/10.1056/NEJMoa1310246>

### **Opioid-induced constipation in patients with chronic noncancer pain in the USA, Canada, Germany, and the UK: descriptive analysis of baseline patient-reported outcomes and retrospective chart review.**

Coyne KS, et al. *Clinicoecon Outcomes Res*. 2014;6:269-281.

» <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4041290/>

### **Opioid-induced bowel dysfunction: epidemiology, pathophysiology, diagnosis, and initial therapeutic approach.**

Dorn S, et al. *Am J Gastroenterol Suppl*. 2014;2(1):31-37.

» <http://www.nature.com/ajgsup/journal/v2/n1/pdf/ajgsup20147a.pdf>

### **Establishing "best practices" for opioid rotation: conclusions of an expert panel.**

Fine PG, et al. *J Pain Symptom Manage*. 2009;38(3):418-425.

» <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4065110/pdf/nihms576124.pdf>



### **Impact of constipation on opioid therapy management among long-term opioid users, based on a patient survey.**

Gupta S, et al. *J Opioid Manag.* 2015;11(4):325-338.

» <https://www.ncbi.nlm.nih.gov/pubmed/?term=26312960>

### **A multi-institutional study analyzing effect of prophylactic medication for prevention of opioid-induced gastrointestinal dysfunction.**

Ishihara M, et al. *Clin J Pain.* 2012;28(5):373-381.

» <http://www.ncbi.nlm.nih.gov/pubmed/?term=ishihara+m+2012+clin+j+pain>

### **A randomized, placebo-controlled trial of lubiprostone for opioid-induced constipation in chronic noncancer pain.**

Jamal MM, et al. *Am J Gastroenterol.* 2015;110(5):725-732.

» <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4424379/>

### **Treatment with methylnaltrexone is associated with increased survival in patients with advanced cancer.**

Janku F, et al. *Ann Oncol.* 2016;27(11):2032-2038.

» <https://www.ncbi.nlm.nih.gov/pubmed/?term=27573565>

### **The impact of opioid-induced constipation among chronic pain patients with sufficient laxative use.**

LoCasale RJ, et al. *Int J Clin Pract.* 2015;69(12):1448-1456.

» <http://onlinelibrary.wiley.com/doi/10.1111/ijcp.12718/abstract>

### **Symptom severity of patients with advanced cancer in palliative care unit: longitudinal assessments of symptoms improvement.**

Tai S-Y, et al. *BMC Palliat Care.* 2016;15:32.

» [https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4787050/pdf/12904\\_2016\\_Article\\_105.pdf](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4787050/pdf/12904_2016_Article_105.pdf)

### **Randomized, double-blind, placebo-controlled trial of oral docusate in the management of constipation in hospice patients.**

Tarumi Y, et al. *J Pain Symptom Manage.* 2013;45(1):2-13.

» [http://www.jpmsjournal.com/article/S0885-3924\(12\)00249-7/pdf](http://www.jpmsjournal.com/article/S0885-3924(12)00249-7/pdf)

### **Randomized, double-blind trial of oral methylnaltrexone for the treatment of opioid-induced constipation in patients with chronic noncancer pain.**

Rauck R, et al. *Pain Pract.* November 2016. [Epub Ahead of Print].

» <http://onlinelibrary.wiley.com/doi/10.1111/papr.12535/epdf>