Is Your Colon Callin' the Shots?  

Week of:  
Apr 15, 2016

**Chronically constipated: Are my intestines blocked?**  

Alice,

I've recently learned that a person's intestines can become blocked or lined with fecal matter that never produces itself in a stool. How would I know if my own intestines were being blocked? Any information or home remedies?

? Constipated for Life

Read more

**Nervous or excited bowel movements**

Dear Alice,

When I get excited about going to see the boy I love or nervous about hanging out alone with him, I have to poop. Everytime. My stomach gets really upset and it cramps and then I have to poop. In most cases it's diarrhea and I never feel like I'm okay by the time I have to leave. Is there something I can do about it to limit it or just stop it in general? I love knowing that I get to see him but I hate the baggage I get beforehand.

Signed,
Down in the poops

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**Ulcerative colitis**

Dear Alice,

Ulcerative colitis: What is it?
What are the symptoms?

How would one know if they have it?

Read more [4]

**Bowel movement once a week** [5]

Alice,

I am a 21 year old female who has experienced problems having bowel movements since I was 17 (after having a knee surgery to repair and ACL). I may have a bowel movement once every 7 to 14 days and when I do, it is very large and of a hard consistency... which normally cannot be flushed down the toilet. I am active as I walk and run a treadmill three to five times a week, go to college, and work. I experience some pain in my stomach, some bloating, and occasional nausea. I tend to eat regularly and most of the time healthy foods. I drink water 99 percent of the time. I have tried stool softeners, laxatives, and enemas with no real success. The only drug that will allow me have a bowel movement is magnesium citrate, which I have only used a few times because I am scared to use it regularly.

I did go see a gastroenterologist about a month ago who told me to drink more cokes (caffeinated drinks) and to eat more fatty foods. He ran no tests. This has not worked and I would like a suggestion on what I need to do or what could possibly be the problem. I am afraid that by not having BMs that I could develop colon cancer.

Read more [5]

**Spastic colon (a.k.a. irritable bowel syndrome)** [6]

Dear Alice,

My father is 57 years old and he is experiencing pains which he has been told could be symptoms of a spastic colon. What can he do with his diet to alleviate these spasms, or what things can trigger these spasms?

? Helping son

Read more [6]
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