Down in the Dumps [1]

Week of:
Jun 19, 2015

Stools cause a stink in the bathroom [2]

Alice,

I am living in a residence hall, and I never realized this until now, but my bowel movements are really smelly. It has gotten to a point where if I don't find a place to do it secretly, it becomes a great source of embarrassment. Could I be eating something that causes my bowel movements to be really smelly?

Read more [2]

Bloody stools: Should I worry about them? [3]

Dear Alice,

What does it mean if there is blood in your stool? Is it serious or should I worry?

Read more [3]

Last night's asparagus in my stool? Cause for concern? [4]

Dear Alice,

I was wondering if there is something wrong with me if my stool is undigested. I just pooped and my asparagus from last night was completely intact. Is something wrong with my digestive system?!

Read more [4]

Bowel movement 1 time 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]

**Anti-depressant causes depressing constipation** [6]

Dear Alice,

Ever since I've started taking Effexor XR, life has been splendid: Instead of waking up in the morning under a black cloud, I wake up feeling fairly normal and am able to function throughout the day.

Despite the wonders of feeling good emotionally, I've become constipated. I've tried everything. I eat right. I drink TONS of water (not just for this, but in general). Tried flushing my system with hot tea. I eat high fiber vegetables daily. I've even tried stool softeners. I've talked to doctors (who suggested that I must be exaggerating about how well I eat/exercise). Still, I only go every few days, and when it does happen it's often dry, difficult, and sometimes painful.

The only thing I haven't done is stimulant laxatives... And I really don't want to go that route.

What should I do?

Thanks,

In Search of Movement

Read more [6]
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