

**Current Treatment Options for Periodic and Chronic Constipation**  
**Nirali Rana, PharmD**  
**Self Assessment Questions**

**Case 1:**

A 55 year old woman appears at your consultation window asking for a recommendation for her constipation. You check her profile and she is currently on amitriptyline 10mg at bedtime, lisinopril 5mg daily, atenolol 50mg daily, and simvastatin 10mg at bedtime.

1. What is most likely the medication causing her constipation?
  - A. Amitriptyline
  - B. Lisinopril
  - C. Atenolol
  - D. Simvastatin
  
2. What would you recommend for treatment?
  - A. Try a glycerin suppository
  - B. Discontinue taking simvastatin and try psyllium
  - C. Talk to your doctor about changing amitriptyline to another medication and try psyllium
  - D. Try an enema
  
3. What are some other common causes of constipation?
  - A. Kidney disease
  - B. Hypothyroidism
  - C. GERD
  - D. Influenza
  
4. She comes back a week later and is still constipated, what is an important question to ask?
  - A. Did you notice any blood in your stools?
  - B. Do you have a sore throat?
  - C. Do you have a history of bipolar disorder?
  - D. Do you have a family history of thyroid cancer?
  
5. If she does not have any alarming signs and symptoms, what can you recommend when she comes back to you?
  - A. Try mineral oil
  - B. Try loperamide
  - C. Try senna
  - D. Try glycerin suppositories

**Case 2:**

A 78 year old male arrives at the ER complaining of recurrent bouts of constipation for the past 4 months. He has difficulty passing stool and whenever he does his stools are hard lumpy.

6. What could you use to diagnose this patient's condition?
  - A. An EKG
  - B. The Rome II Criteria
  - C. Visual analog scale
  - D. Glasgow score
  
7. What would you recommend for immediate treatment?
  - A. Bran
  - B. Docusate sodium
  - C. Lactulose
  - D. Phosphate Enema
  
8. If the problem continues, which of these could you recommend for chronic treatment?
  - A. Tegaserod
  - B. Mineral oil
  - C. Lubiprostone
  - D. Magnesium hydroxide
  
9. If the patient does not want prescription medication and would rather take over the counter medication, what can you recommend?
  - A. Lactulose
  - B. Polyethylene glycol
  - C. Docusate sodium
  - D. Mineral oil enema
  
10. Which of the following best describes the mechanism of action of lubiprostone?
  - A. It selectively activates CIC-2 chloride channels
  - B. It binds to the 5-HT<sub>4</sub> receptors in the enteric nervous system
  - C. It acts as an anionic surfactant
  - D. It causes rhythmic muscle contractions in the intestines