

# Understanding ICD-10 Constipation: Causes, Symptoms, and Treatment Options

[ICD 10 Constipation](#), classified under code K59.00 in the International Classification of Diseases, is a common gastrointestinal disorder characterized by infrequent bowel movements or difficulty passing stools. While occasional constipation is normal, persistent or severe cases may require medical attention and intervention. In this comprehensive guide, we delve into the causes, symptoms, and treatment options for ICD-10 constipation.

## Causes of ICD-10 Constipation

Constipation can stem from various underlying factors, including:

**Dietary Factors:** A lack of fiber and inadequate fluid intake can contribute to constipation by slowing down bowel movements and hardening stools.

**Lifestyle Choices:** Sedentary lifestyles, lack of physical activity, and ignoring the urge to defecate can lead to constipation.

**Medications:** Certain medications, such as opioids, antidepressants, and antacids containing aluminum or calcium, can cause constipation as a side effect.

**Medical Conditions:** Chronic conditions like irritable bowel syndrome (IBS), hypothyroidism, diabetes, and neurological disorders can disrupt normal bowel function and lead to constipation.

**Psychological Factors:** Stress, anxiety, and depression can affect gastrointestinal motility and contribute to constipation.

**Symptoms of ICD-10 Constipation**  
The symptoms of ICD-10 constipation can vary in severity and may include:

**Infrequent Bowel Movements:** Having fewer than three bowel movements per week is a common indicator of constipation.

**Difficulty Passing Stools:** Straining during bowel movements, feeling blocked or incomplete evacuation, and experiencing pain or discomfort while passing stools.

**Hard or Dry Stools:** Stools that are hard, lumpy, or difficult to pass are characteristic of constipation.

**Abdominal Discomfort:** Bloating, abdominal pain, cramping, and a sensation of fullness or pressure in the abdomen may occur.

**Rectal Bleeding:** Straining during bowel movements can lead to small tears in the anal tissue, resulting in rectal bleeding or hemorrhoids.

**Dietary and Lifestyle Modifications:** Increasing fiber intake through fruits, vegetables, whole grains, and staying hydrated can help soften stools and promote regular bowel movements. Regular exercise and maintaining a consistent toilet routine can also aid in alleviating constipation.

**Medications:** Over-the-counter laxatives, stool softeners, and fiber supplements may be recommended for short-term relief of constipation. Prescription medications such as osmotic laxatives, stimulant laxatives, or lubiprostone may be prescribed for chronic or severe cases.

**Biofeedback Therapy:** In cases of chronic constipation refractory to other treatments, biofeedback therapy may be recommended to retrain pelvic floor muscles and improve bowel function.

**Surgery:** In rare cases of structural abnormalities or severe constipation unresponsive to other treatments, surgical interventions such as rectocele repair, colectomy, or sacral nerve stimulation may be considered.

### Prevention and Outlook

Preventing ICD-10 constipation involves adopting healthy lifestyle habits, including a balanced diet rich in fiber and fluids, regular physical activity, and avoiding prolonged sitting or ignoring the urge to defecate. Early recognition and management of constipation can help prevent complications and improve overall quality of life.

In conclusion, ICD-10 constipation is a common gastrointestinal disorder characterized by infrequent bowel movements or difficulty passing stools. By understanding the causes, symptoms, and treatment options for constipation, individuals can take proactive steps to