



Constipation is actually rare compared to diarrhea. The symptoms for both can look very similar. You may need to have your dog checked out by your veterinarian to confirm if your dog has constipation. Your pet may need specific medications or enemas to help with the constipation.

Try the following to help with constipation.

- Control pain- Some dogs are arthritic or back pain which makes them reluctant to defecate. A dog that waits too long between bowel movements can develop constipation due to the stool sitting in the colon which causes the colon to absorb more water from the stool. Read the [article on pain management](#) for recommendations for pain control.

- Keep your dog hydrated- A dehydrated dog will be more likely to develop constipation.

Read the [article on hydration](#) for recommendations to increase fluid intake.

- Pumpkin helps naturally with constipation. A tablespoon for large dogs, and a teaspoon or half a tablespoon for small-mid sized dogs. More for giants, less for teeny ones. Most dogs love pumpkin and will eat it willingly. Freeze dollops of canned pumpkin in an empty ice cube tray, then decant them into a freezer bag for later use. Much less wasteful, and it's still palatable after thawing. Be sure to use plain pumpkin, not pumpkin pie.