

CONSTIPATION

**After surgery you may have fewer bowel movements. That is normal.
If stool is hard and difficult to pass, that is constipation.**

Common Causes

Not enough water
Not enough fiber
Gut bacteria changes



Prevention

64+ ounces of water daily
Physical activity daily
Avoid narcotic pain medications
Fiber supplements 3/day
Probiotic daily
Avoid caffeine



Management

64 oz water daily
Probiotic daily
Eat vegetables
Safe laxatives: Colace, Dulcolax, Miralax
Remedies: Milk of Magnesia, Magnesium Citrate, mineral oil,
Fiber supplements (ie Benefiber, Metamucil) 3x/day
Tap water enema



Persistent Problems

Come see us.
Vitamin modifications or prescription medications may be needed.

