

How To Prevent & Treat Constipation

East Texas Vascular Associates, PA

Preventing Constipation Before Surgery

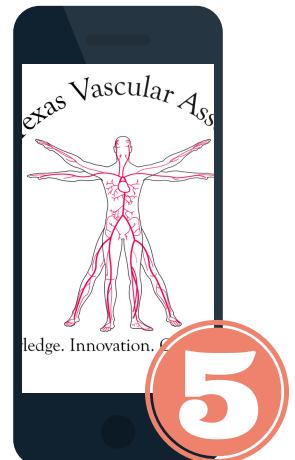


1. Drink plenty of fluids: 8-10 8oz glasses of water or juice per day. AVOID Caffeinated beverages (ie. Coffee & tea can be both dehydrating/constipating)
2. Eat fiber rich foods: fruits, vegetables-leafy green, beans/legumes, and whole grains. We encourage regular physical activity
3. Consider adding fiber if stools are not well formed.
4. Patients who still experience hard bowel movements can consider adding a stool softener such as, Colace (Docusate Sodium), as a stool softener

Constipation After Surgery



1. **Remain Hydrated:** Remember 8-10 glasses of water daily!
2. Next try a stool softener: **Colace:** 1 tablet (100mg) by mouth 2 times daily as needed. This can be increased to 2 tablets (200mg) by mouth 2 times daily as needed.
3. If you are still experiencing constipation symptoms, try an osmotic laxative: **Miralax:** 1 heaping tablespoon + 2 large glass of water, this can be repeated 3 additional times if necessary per day
4. If you have tried all of the above and are still having difficulty moving your bowels, it's time for a stimulant laxative: **DULCOLAX:** GENTLY place a rectal suppository to help remove stool plug.
5. If this is completed 2 times without relief, **please call 903-595-2636**



Disclaimer: East Texas Vascular Associates, P.A. offers and maintains this handout to provide general information about post-operative constipation prevention. The information is provided with the understanding that East Texas Vascular Associates is not engaged in rendering surgical or medical advice or recommendations through this handout. Any information on this handout should not be considered a substitute for consultation with a board-certified surgeon. Individual facts and circumstances will determine the treatment that is most appropriate.