

Avoiding & Treating Constipation: Surgery

GOAL: Your goal for BOTH BEFORE & AFTER surgery is to have a soft, easy to pass bowel movement (not having to strain) every 1-2 days!

BEFORE SURGERY:

**IF YOU HAVE NEVER
TAKEN ANYTHING FOR
YOUR BOWELS,
START HERE!**

**1 Week PRIOR to the START of your
liquid diet:** Start Colace (Docusate), 1
tablet (100 mg) once daily.

If **NO** soft bowel movement
(BM) by day 3 of Colace.

If **soft** BM by day 3
of Colace.

Stop Colace and switch to Peri
Colace 2 tablets once daily.

Continue with 1 tablet
(100 mg) once daily! 😊

If **NO** soft BM by day 2 of
Peri Colace 2 tablets daily.

If **hard** BM by day 2
of Peri Colace.

If **soft** BM by day 2 of Peri
Colace 2 tablets daily.

Continue Peri Colace and add
in 17 grams (1 capful) Miralax.

Continue 2 tablets Peri Colace daily
and add in Colace 100 mg daily.

Continue with 2 tablets
of Peri Colace daily.

If **NO** soft, easy to pass bowel
movement in 1-2 days.

Soft BM day 1-2 of 17 gram Miralax,
Peri Colace, **AND** Colace daily.

You can increase to Miralax twice daily
as needed in addition to Peri Colace.

Continue with Peri Colace,
Colace, **AND** 17 gram Miralax.

**Bowel regimen NOT
WORKING? CALL
YOUR NURSE!!!**

Soft BM by day 1-2 of 17 gram Miralax twice
daily, Peri Colace, **AND** Colace twice daily.

Continue with Miralax (17 grams) twice
daily, Peri Colace, **AND** Colace twice daily.

Yay! Great
bowel regimen!
Stick with it!



Awesome!
Keep at it!



Super! Great
job sticking
with it!



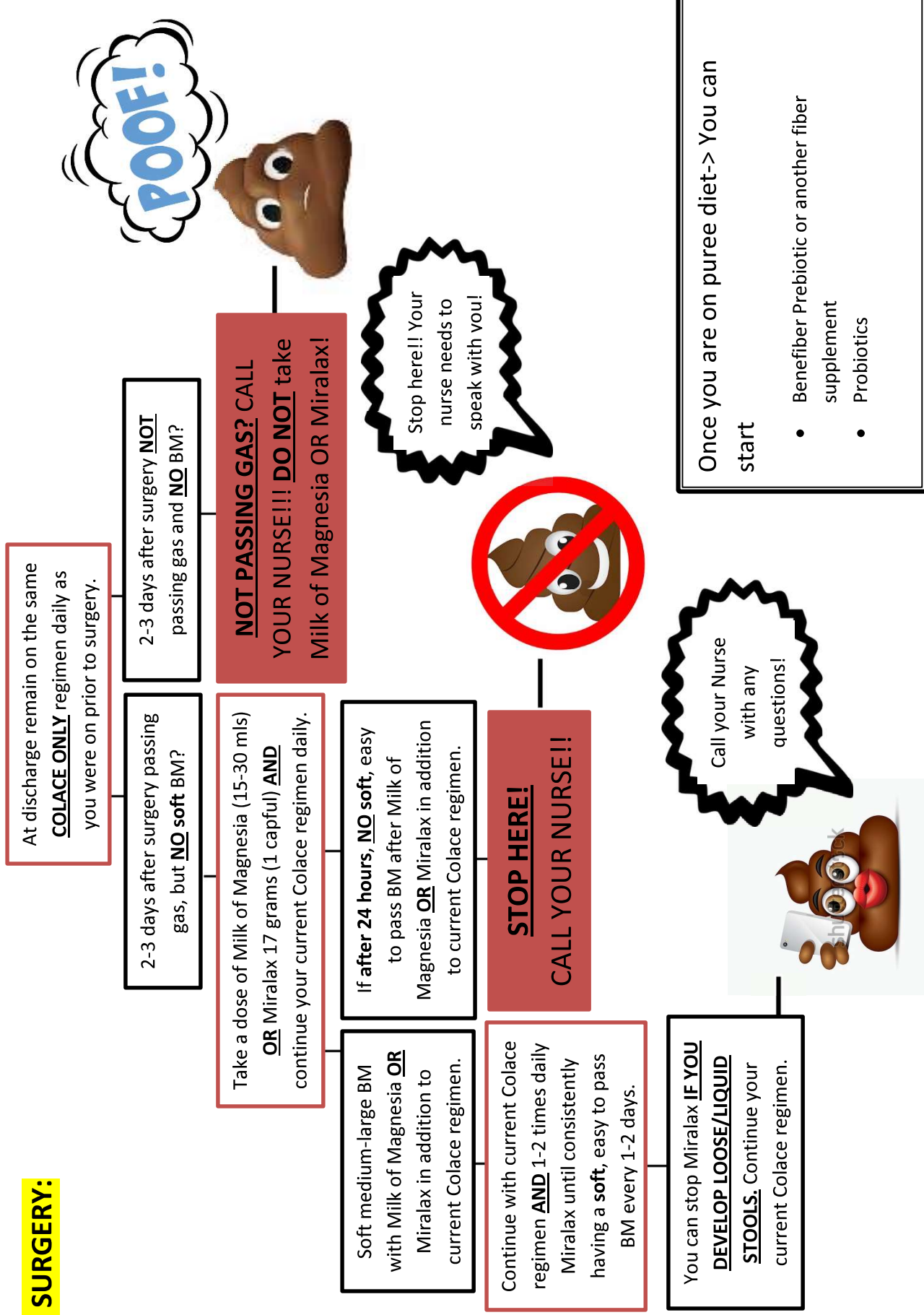
Don't change
a thing!



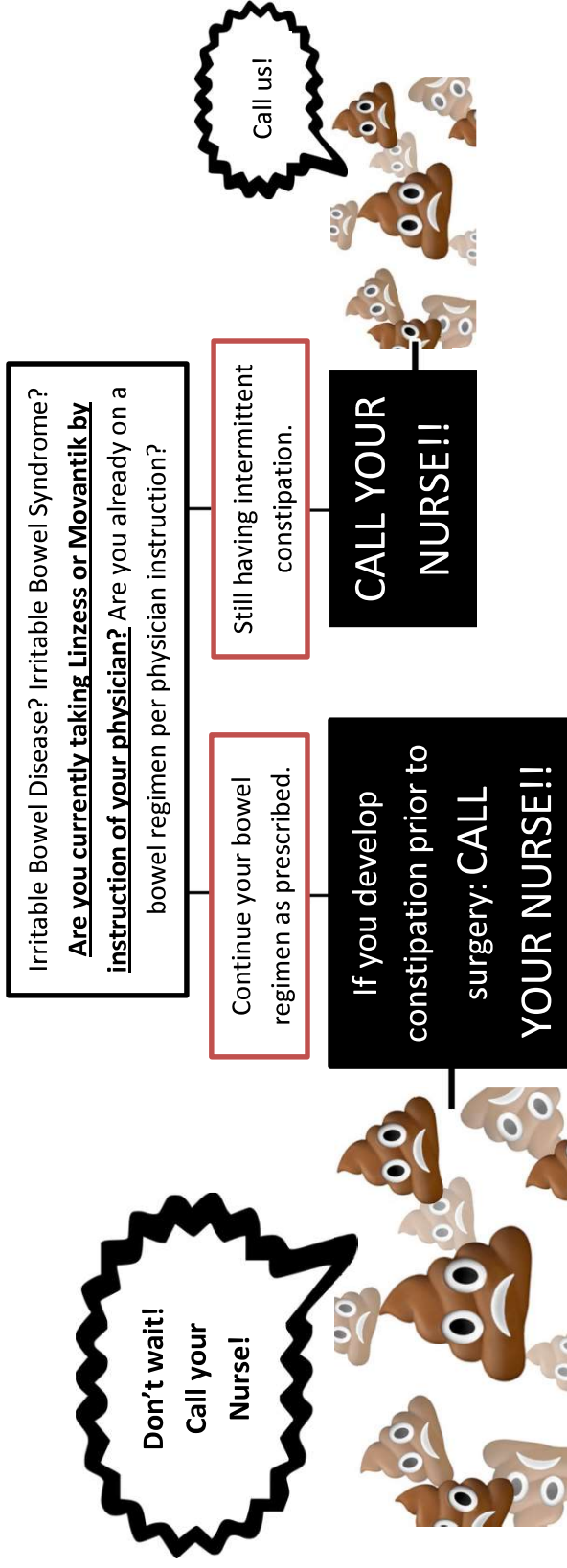
If you are already
on medications for
your bowel, have
irritable bowel
syndrome, or
irritable bowel
disease
Continue your
prescriptions and
call your Nurse.

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AFTER SURGERY:



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FREQUENTLY ASKED QUESTIONS (FAQs):

**Black Stools
After Surgery?**

Your first few stools may be darker in color, even black. This is normal and is typically old blood from surgery itself that your bowel is getting rid of! **If it has not returned to normal color after 4-5 bowel movements, CALL YOUR NURSE!**



Don't
panic

This can also happen after starting a
Multivitamin with Iron if you
haven't been on one before.

THINK!

**DID I JUST START A
NEW VITAMIN???**

FYI ONLY. DO NOT USE WITHOUT SPEAKING WITH YOUR NURSE FIRST!

**Ducolax or
Glycerin
Suppository**
-THIS IS
OVER THE
COUNTER

**Magnesium
Citrate-1/2**
to a full
bottle, THIS
IS OVER THE
COUNTER

**Fleets
Enema-**
THIS IS
OVER
THE
COUNTER

MILK OF MOLASSES ENEMA

Recipe: **250 ml of whole milk** 1. Mix milk and molasses and heat until warm/room

250 ml of molasses temperature.

1 enema bag

2. Pour in enema bag and instill while you lay on your left side
(enema bag can be found at Walgreens-**Call ahead to be
sure they have it!** This enema can be repeated if needed!)