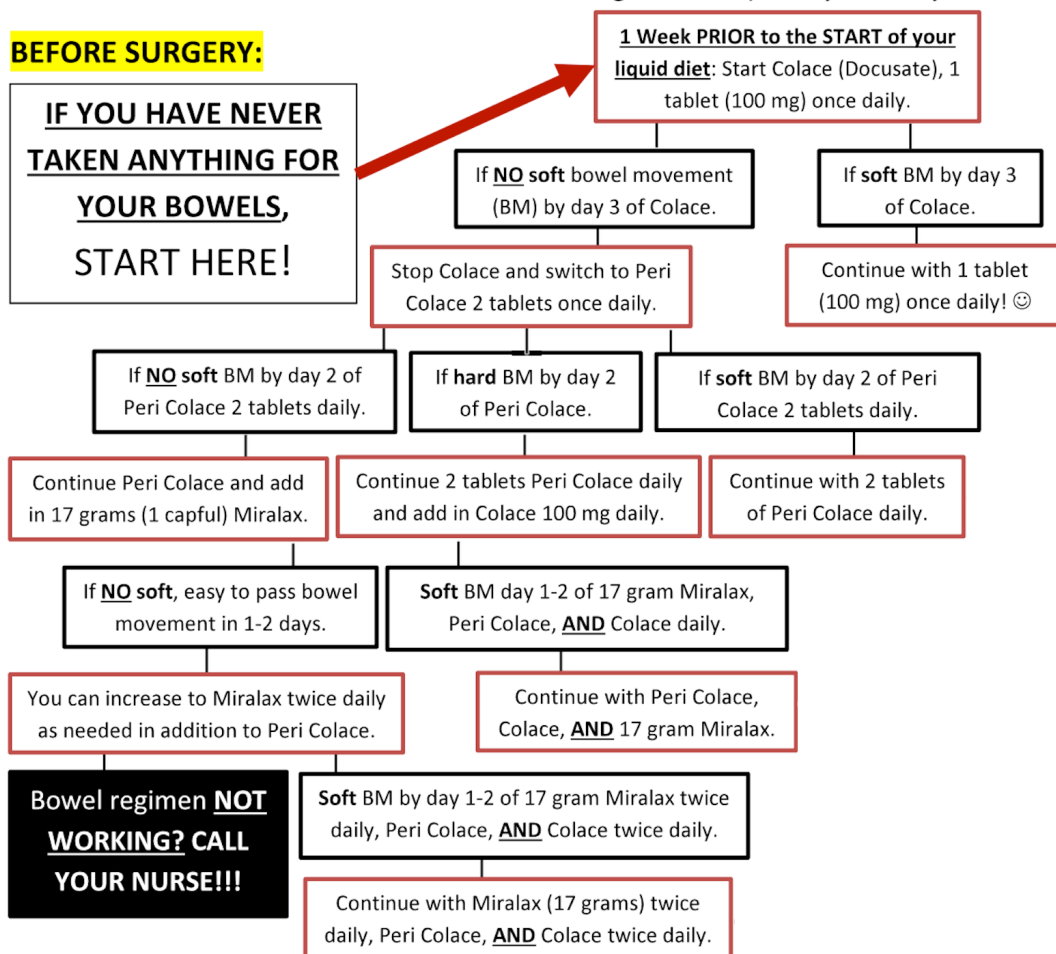


Avoiding & Treating Constipation: Surgery

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:

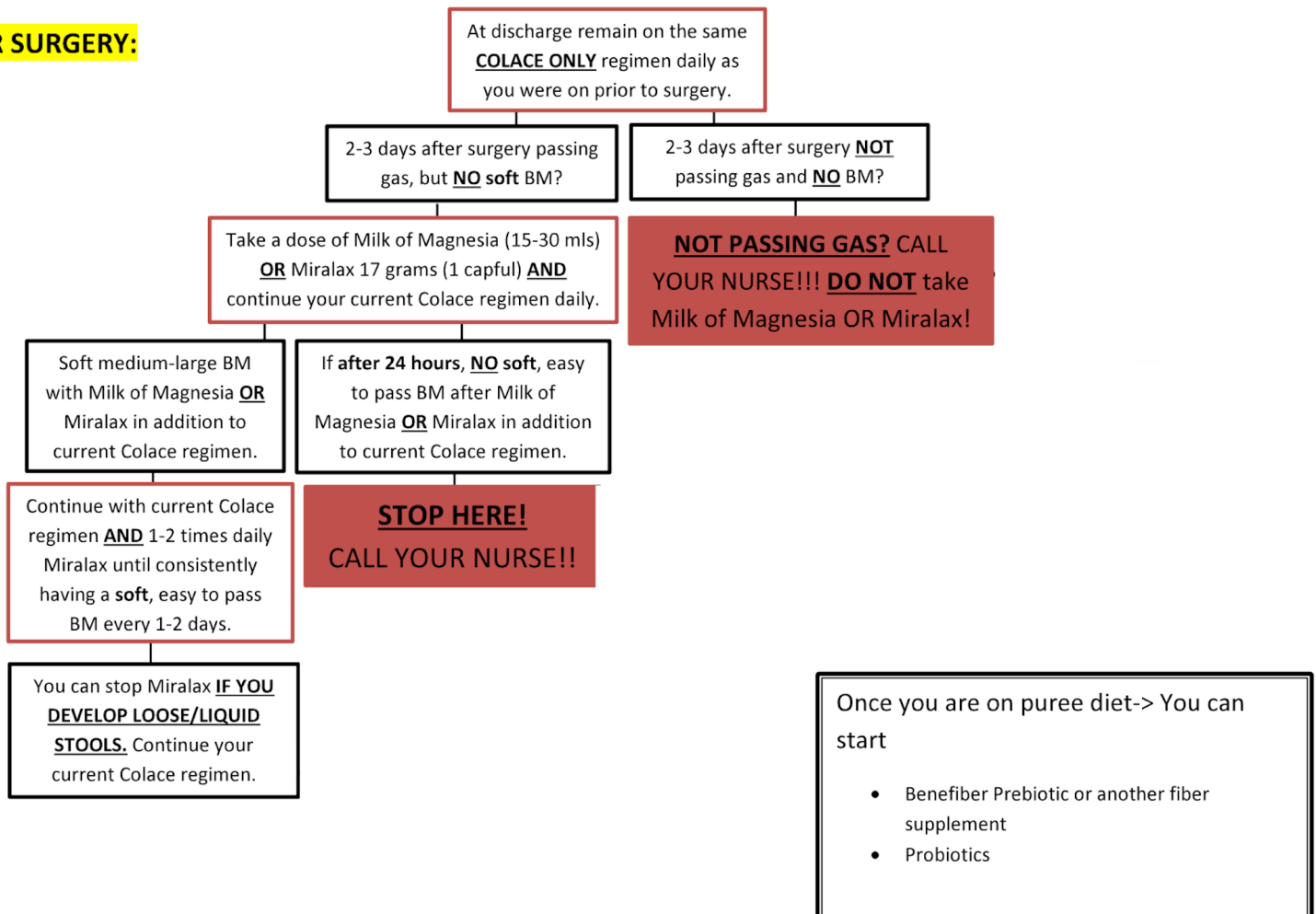


If you are already on medications for your bowel, have irritable bowel syndrome, or irritable bowel disease

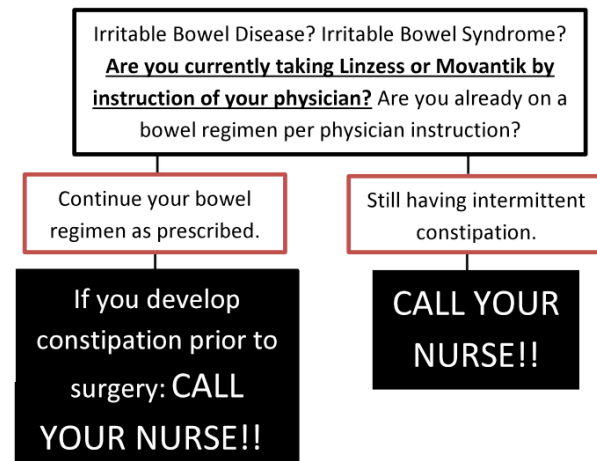
Continue your prescriptions and call your Nurse.

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!*

AFTER 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!*



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!**

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

Recipe: **250 ml of whole milk**
250 ml of molasses
1 enema bag

MILK OF MOLASSES ENEMA

1. Mix milk and molasses and heat until warm/room temperature.
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!