Management of Constipation
Patient Education

Constipation may be a side effect while you are taking pain medications. Some of the interventions include:

- Drink plenty of fluids: 8-12 glasses each day.
- Modify your diet to include high fiber and roughage: fresh fruits, vegetables, whole grains, and dried beans (check with your doctor first).
- Maintain physical activity as tolerated.

Recommended medications:

1. Start by taking Colace (stool softener) once daily in the morning and Senekot (natural vegetable laxative) at bedtime daily.
2. If you have not had a bowel movement in 2 days, add a laxative such as:
   - Milk of Magnesia
     - Take 2-3 Tablespoons, 1-2 times each day (AM and PM).
   - Miralax, as directed.
   - Ducolax tablet or suppository, as directed.
   - Magnesium Citrate, as directed.
   - Fleet enema (check with your doctor).
   - Laxative of choice.

If you have not had a bowel movement in 5 days please call your doctor at (650) 723-6171.