

Constipation Management Post-Operative Instructions

How do I manage constipation from pain medication?

Management is necessary but prevention is better. Preventing or alleviating constipation usually requires that the patient do the following:

- Increase fluid intake, activity level or dietary fiber intake.
- Establish and maintain a regular elimination routine.
- Provide a quiet and adequate time for elimination.

Below is a protocol to prevent and manage constipation caused by pain medication.

1. Prevention - Take 2 Senokot® and 2 Colace® tablets each night at bedtime.
This should produce a bowel movement the following morning.
(If no bowel movement in 2 or 3 days, follow instructions from #2)
2. Take 2 Senokot® and 2 Colace® tablets in the morning and also at bedtime.
If you usually have a bowel movement daily, you can add Milk or Magnesia
30ml at bedtime.
(If no bowel movement in 2 or 3 days, follow instructions from #3)
3. Take 3 Senokot® and 3 Colace® tablets in the morning and also at bedtime.
(If no bowel movement in 2 or 3 days, follow instructions from #4)
4. Take 4 Senokot and 4 Colace tablets in the morning, at midday and also at
bedtime.

When should I call my doctor?

- If no bowel movement after 4 total days on this protocol.

Who should I call if I have questions?

- (734) 998-6022, Monday - Friday, 8 a.m. - 4:30 p.m.
- After hours and on weekends, call Hospital Paging at (734) 936-6267 and ask for the Plastic Surgeon on call.

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