



Constipation Avoidance

Constipation is defined as infrequent bowel movements of the passage of hard stools, causing discomfort.

Steps to prevent constipation: Start at number 1 and move down the numerical steps until bowel movements are soft and regular.

1. Drink 8-10 glasses of fluid a day, including fruit juices. Eat a high fiber diet including raw fruits and vegetables, dried fruits, and whole grains. In addition, try the juice recipe below.

Juice recipe:

1 oz prune juice

1 oz apricot nectar

1 oz water

1 oz Karo syrup

Mix in a pitcher and drink 4 oz. every day. Adjust to softness and frequency of stool.

Cereals such as Quaker Oatmeal Squares are high in fiber.

2. Use a STOOL SOFTENER: (Dioctyl sodium sulfosuccinate, DSS), Ducosate sodium 250 mg or 1 capsule orally; or Colace 100 mg by mouth 2 times per day. May be purchased without a prescription. Remember to keep up your fluids with juices and water as in Step 1.
3. Take a LAXATIVE/STIMULANT if you have no bowel movement for 3 days. Laxatives increase bowel activity so that stool moves down and out. Take Senokot 2 tablets at night. This may be increased to 2 tablets three times per day as needed (6 tablets per day max).
4. If Senokot 2-6 tabs per day did not work, add Dulcolax Suppository in the rectum the next morning (Caution: These stronger laxatives can cause cramping).
5. If Dulcolax doesn't result in a bowel movement, take Milk of Magnesia (MOM) 15-30 mls or Lactulose 30 mls (2 tsp). If you have no bowel movement within three hours, take another Dulcolax suppository. If no results by evening take a fleet enema.
6. If this plan does not work or you are having increasing pain or cramping in your abdomen, call your physician.