

## CONSTIPATION AVOIDANCE

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

### STEPS TO PREVENT CONSTIPATION

Start at Step 1 and move down the steps until bowel movements are soft and regular.

- STEP 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.
- STEP 2** Use a STOOL SOFTENER: (Dioctyl sodium sulfosuccinate, DSS)  
Example: Docusate sodium 250 mg or 1 capsule orally or Colace 100mg by mouth 2 times a day. May be purchased without a prescription.
- STEP 3** Take a LAXATIVE / STIMULANT if you have no bowel movement for 3 days.  
Laxatives increase bowel activity so that the stool moves down and out.  
Example: Senokot 2 tablets at night – this may be increased to 2 tablets three times per day as needed. (maximum 6 per day).
- STEP 4** If, Senokot, 2-6 tablets per day does not work, add Dulcolax suppository in the rectum the next morning. (Caution: Some stronger laxatives can cause cramping).
- STEP 5** Milk of Magnesia (MOM) 15-30 mls or Lactulose 30 mls (2tsp) if you have no bowel movement within three hours, take another Dulcolax suppository. If no results by evening take a Fleets enema.
- STEP 6** If this plan does not work or you are having unusual pain or cramping in your abdomen, call your physician.