

BOWEL REGIMEN

When you are taking pain medications, you may experience the most common side effect: constipation.

It can be a serious problem -- but you don't have to live with it. Treatments can give you relief and make it easier to have bowel movements.

Changing your diet and increasing your fluid intake can help, but you may need to try Over the Counter medications and/or fiber therapy to help keep you regular.

You may experience loose stools once the medications begin to work. You should avoid use of enemas unless you have the advice of your PCP or GI doctor.

STANDARD REGIMEN

1. Take Colace (Docusate) 100mg twice daily.
2. Take Senokot (Senna) 2 tabs at bedtime.
3. If you do not have a bowel movement in 3 days, take 1 tbsp of MiraLAX in 8oz of fluid.

ADVANCED REGIMEN

(Start this only if the standard has not worked for you)

1. Take Colace (Docusate) 200mg, 2-3 times per day.
2. Take Senokot (Senna) 2 tabs twice per day.
3. Use MiraLAX one dose daily as needed.

If stools become too loose on this regimen, then reduce the morning doses of both the Colace and Senokot to one tablet instead of two. If still loose after 48 hours, then decrease back to the standard regimen.