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## Management of Constipation

Constipation is a common problem associated with the use of narcotic pain medications, dehydration, and lack of activity. Management of this problem can be very straightforward if taken care of right away.

### BASIC CARE:

- a. Stay well hydrated (6-8 8 ounce glasses of water or other liquids a day)
- b. Eat a high fiber diet. Fruits and especially vegetables are very important. Grains such as bran fiber or whole wheat or oats can be helpful. Aim for 15-30 grams of dietary fiber per day.
- c. Walk often as tolerated.
- d. Reduce narcotic use as tolerated.

### RELIEF OF CONSTIPATION:

If constipation does occur, there are several ways to deal with it, such as prune juice, dried fruits, etc. If something more is needed, a dose or two of milk of magnesia may work.

For continued constipation: try Magnesium Citrate. This is found over the counter at most grocery stores and pharmacies. It comes in a bottle and often looks like generic soda. Drink half of a bottle at a time, and for no results in half an hour drink another half bottle. May repeat for 2 bottles in 24 hours.

If still constipated, see below:

### Items Needed:

1 quart of Gatorade, Miralax 14 dose bottle, and two Dulcolax laxative 5mg tablets.

- a. Mix half of the Miralax in the quart of Gatorade.
- b. Take two 5mg Dulcolax laxative tablets.
- c. Wait ½ hour, then start drinking the Gatorade/Miralax mixture. Drink 1 glassful every 20 minutes until gone.
- d. You may repeat this regimen again, but it would be unlikely that you will remain constipated with two rounds of this cocktail. Remember, this may cause dehydration due to diarrhea, so drink fluids as needed.