

CONSTIPATION

Narcotics slow down the contractions of the colon which frequently leads to constipation.

- DRINK WATER more than you usually would. You will be less active than normal (and exercise helps keep your bowels moving), so more water in your system will help counter your decreased activity.
- DIET Foods high in water and fiber like fresh fruits and vegetables provide good nutrition for healing, and promote good bowel health as well.
- STOOL SOFTENER is recommended to be taken day and night while on Narcotics. Docusate Sodium is available without a prescription. Pick some up when you get your prescriptions filled. Start with 2 pills in the morning and 2 at night. If you don't have a bowel movement the next day, increase to 3 pills that morning and that night.
- LAXATIVES If 2 days go by with no luck, and you have been following the above advice, stimulant laxatives like Senokot (also available without prescription) can wake up your sleeping colon and get things moving. Take as directed on the package.
- ACUPUNCTURE Used to treat constipation either by itself, or with the above medical measures. There are 13 acupuncturists in Jackson.
- ENEMA When all else fails.

It can be difficult to find the perfect formula to keep your bowels in balance, but it can help greatly with your overall comfort after surgery. If you are having trouble, home health nurses are available for consult and/or treatment to help you. Just let Rosie and/or Dr. Williams know and we can arrange this for you.