

Bowel Health After Surgery

Many patients struggle with bowel health following surgery. The most frequent issue is constipation, which is caused by a variety of factors. Anesthesia and opioid (narcotic) pain medication can increase the risk of constipation. In order to help alleviate this issue, Dr. Daniels has several recommendations.

First, eat a diet high in fiber and make sure to hydrate, both before and after surgery. Foods that are high in fiber include bananas, broccoli, oatmeal, and many more fruits and vegetables.

Second, try to resume walking as soon as possible after surgery, at least short distances. Activity can help the gut function correctly.

Lastly, there are three over the counter medications Dr. Daniels recommends. Take these as directed on the packaging. The medications are:

- **Peri-colace**
 - This is to soften the stools. Dr. Daniels recommends beginning this 2 days prior to surgery.
- **Miralax**
 - This is to moisten the stools. Begin this when you get home after surgery.
- **Dulcolax**
 - This is to help your intestines move the stools. Begin this when you get home after surgery.

If you already have a good bowel health regimen that works for you, you may continue with it. These are suggestions, not requirements. As always, please contact the office with any questions or concerns.

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