



Dr. Samuel Koo

Bowel Protocol

Even if you have regular bowel movements prior to having surgery, it is common to experience post-operative constipation. When you undergo surgery your body is introduced to anesthetics and narcotics. There are also alterations in your diet and fluid intake along with reduced physical activity. All of these things can contribute to constipation.

Please follow these instructions:

- As soon as you start taking pain medication please start taking Miralax solution 1-2 times a day. If you have a known history of constipation it is encouraged to start the Miralax solution 1-2 days prior to your surgery. In addition to the Miralax regimen, increasing your non caffeinated fluid intake to a minimum of 48-64 ounces daily is strongly recommended.
- Alternative Options to Miralax: If you have taken Miralax in the past and have had an adverse reaction the alternatives to this are Docusate Sodium; 250mg by mouth with a 8 ounce glass of water twice daily or Senokot 8.6mg by mouth at bedtime.
- Pear or Prune juice may also be used in addition to the above medication to help soften your stool.

It is common to go 1-4 days before your first bowel movement after surgery. At the 4 day period, if you have not yet had a bowel movement, we recommend that you increase your fluid intake further, get up and walk around your house and if needed use an enema.

Warning signs:

- Abdomen tender to the touch
- Not being able to keep food or liquids down
- Fever

If you are experiencing any of the above warning signs with constipation please call us right away at (425)823-4000 or go to your local urgent care, primary care physician or emergency room.