

After Your Weight Loss Surgery

Preventing and Managing Constipation at Home

Constipation can be very uncomfortable and slows your progress with healing. Follow this plan to **prevent** constipation.



1. Your number 1 priority is to drink enough fluids. Your goal should be at least 64 ounces per day. You should be drinking every 10 minutes. Keep track of this on the sheets that we provided for you at hospital discharge:

Tracking Your Fluids at Home

Now that you are home from the hospital, it is very important that you continue to drink small amounts of fluid very frequently. This will prevent you from becoming dehydrated and constipated and will also help to prevent nausea and vomiting. Our office staff will be calling you several times to review how much you are drinking.

Directions: Please use these sheets to keep track of how much you are drinking so that we can get an accurate picture of how you are doing. Each time you empty a medicine cup or drink a bottle, place a hash mark next to what you drank. Remember to include your protein drinks in your fluid intake. Also indicate how many grams of protein you took in each day. Continue to refer to your diet manual for more details.

Day 2 after surgery Goal: Drink 1 medicine cup of clear liquid every 15 minutes. Each medicine cup is 1 ounce of fluid to reach your goal of 64 ounces per day.

 _____ or  8 oz. _____ 12 oz. _____ 16 oz. _____ 25 oz. _____

Benefiber® - Start taking Benefiber® every day after you are home from the hospital. Do not wait until you are constipated to start this. Mix the Benefiber® in the liquids you are drinking over the course of the day and follow this schedule:

- While on clear liquid diet, use 2 teaspoons per day
 - While on full liquid diet, use 4 teaspoons per day
 - While on pureed diet, use 6 teaspoons per day
 - Beginning with soft diet, use 8 teaspoons per day
2. Colace® - Start taking Colace® (Docusate Sodium), 100 mg every day after you are home from the hospital. Do not wait until you are constipated to start this.
 3. Miralax® - If you are still having symptoms of constipation, you may add Miralax® in addition to taking Benefiber® and Colace®. Follow the dose on the container. You may increase to 3 doses per day if needed. If you continue to have problems with constipation, please call the office.
 4. Pain Medicine - Only use strong pain medicine as needed. If Tylenol® controls your pain, use it instead of narcotics because narcotics may contribute to constipation and nausea.

Hint: Purchase the Benfiber®, Colace® and Tylenol® before your surgery so that you are prepared for when you get home after your surgery.

Please call The Tower Health Weight Loss Surgery and Wellness office (484-628- 5673) if you have questions or concerns or are not able to drink at least 4 to 6 ounces of fluid each hour that you are awake.



**Weight Loss Surgery
and Wellness Center**

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