



LONGSTREET CLINIC

Neurosurgery

How to Avoid Constipation

- 1: Drink plenty of water during the day. Eat foods high in fiber.
 - Fruits high in fiber – apples, apricots, pears, oranges
 - Veggies high in fiber – greens, carrots, beans
 - Almonds, walnuts and peanuts are high in fiber
 - Prune juice is high in fiber, and a natural laxative
 - Add yogurt to your daily routine
 - Reduce refined flour, pasta, and dairy

- 2: Stay moving! Physical activity such as walking improves digestion.

- 3: Add a fiber supplement or stool softener.
 - Metamucil, FiberCon
 - Docusate (Colace) stool softener (100mg twice a day)

- 4: Add a laxative. Patients taking narcotic pain medications typically need a laxative to aid in digestion. You can also take two of these agents together
 - Milk of Magnesia
 - Miralax (17g twice a day)
 - Magnesium Citrate
 - Bisacodyl (Dulcolax) – this is in pill form or suppository.
 - Senna (Senokot) – twice a day

- 5: Use an enema. Sometimes the bowels need a jump start.

- 6: Prescription constipation medications – there are some newer medications on the market for narcotic-induced constipation (such as Movantik). Talk to Dr. Grunch if you would like to try this.