

## **Diet and Bowel Function**

Eat your usual diet or whatever is appealing to you. Drink plenty of liquids each day to help avoid dehydration. Aim for at least 6-8 cups per day.

Opioid pain medications (e.g. Norco/Percocet/Oxycodone) can cause constipation. High fiber foods (fiber cereals, beans, fresh fruits, vegetables and whole grain breads) make it easier to have a bowel movement.

Walking is the best way to get your bowels moving.

You may have constipation after your surgery. This can be caused by the surgery or the opioids you are taking. To help manage constipation, use BOTH a stool softener (Colace) and laxative agent (Senna) until you are not taking opioid pain medication and you have normal bowel movements without straining.

If you are still not having regular bowel movements, then you can add 1 cap full of Miralax daily until your constipation is resolved.

