

Integrated Pain Specialists of Southern California, Inc.
Kevin S. Smith, M.D. / Nicole Wright, PA-C / Steven Lebowitz, PA-C
Main Office: 7910 Frost Street, Suite 280, San Diego, CA 92123
East County Office: 5525 Grossmont Center Drive, Suite 609, La Mesa, CA 91942
Phone: (619) 398-2988 Fax 1: (619) 398-2987 Fax 2: (858) 300-1156

Bowel Regimen – To Prevent and Treat Constipation

Constipation is a common and serious side effect associated with long-term and even short term opioid usage.

As much as possible increase dietary fiber and fluids and avoid constipating foods such as dairy products and fried foods; maintain as much activity as possible. It is difficult to overstate the importance of adequate fluid intake in preventing hard, dry, difficult-to-pass stool.

It is better to try and Prevent Constipation but if it does occur, it can usually be treated with a regimen such as the one below.

Each Day – Prevention

Metamucil – 1 tablespoon in water, once a day up to three times a day

Plus one of the following:

Docusate Sodium (Colace) - 250 mg once or twice a day

Senokot S 1 to 4 tablets once a day, up to three times a day, maximum of 4 tablets per day.

If no bowel movement in any one 48 hour period, add one of the following

Senokot – 2 to 3 tablets once a day

Bisacodyl (Dulcolax) – 2 to 3 tablets once a day

Milk of Magnesia – 30 to 60 ml once a day to twice a day

Lactulose – 15 to 60 ml once a day

Sorbitol – 15 to 60 ml once a day

If no bowel movement in any one 72 hour period, add one of the following

Dulcolax – 2 to 3 tablets rectally at bedtime

Mineral Oil – 30 to 60 ml by mouth

Magnesium Citrate – 8 ounces by mouth and can follow with an additional 8 ounces if no effect after 4 hours

Fleet enema, Tap water enema or Soap suds enema