

## Constipation after Orthopedic Surgery

Constipation can occur after joint replacement surgery. Some medications can cause constipation; including the pain medications you are prescribed. Constipation can also be caused by lack of food or fluid intake.

### Over-the-counter treatment options for constipation include:

- **Docusate (COLACE)**- A stool softener  
Usual dose: Take 1 tablet by mouth two times a day
- **Polyethylene Glycol 3350 (MIRALAX)**- A gentle laxative  
Usual dose: Add 17 grams (fill to cap line) to 4-8 ounces of beverage. Drink once a day
- **Senna (SENOKOT)**- A natural stimulant  
Usual dose: Take 1-2 tablets by mouth two times a day
- **Senna-Docusate (SENOKOT-S)**- A combination of a stool softener with a natural stimulant  
Usual dose: Take 1 tablet by mouth two times a day
- **Magnesium Hydroxide (MILK OF MAGNESIA)**- A laxative  
Usual dose: 2-4 tablespoons at bedtime
- **Bisacodyl (DULCOLAX) tablet**- A stronger stimulant laxative  
Usual dose: Take 1 tablet by mouth daily
- **Bisacodyl (DULCOLAX) suppository**- A stronger stimulant laxative  
Usual dose: Insert 1 suppository into the rectum daily
- **Magnesium Citrate (CITROMA)**- A stronger laxative that usually works within several hours  
Usual dose: Drink ½ -1 bottle once a day

### Other things you can do to prevent and treat constipation:

- Drink non-caffeinated fluids like water, juices, especially prune juice
- Eat high-fiber foods like popcorn, crunchy vegetables, and fruits
- Take a high-fiber supplement like Psyllium Husk (METAMUCIL). Usual dose: Add 1 teaspoon to 8 ounces of beverage. Drink once a day