



SPECIALIZING IN SURGICAL AND MEDICAL WEIGHT LOSS

Constipation/Diarrhea

If you are experiencing constipation or diarrhea, listed below is some general guidelines you can try to alleviate your symptoms. If your symptoms are severe or you are unsure if you can take any of these medications, please contact our office at (616)956-6100 business hours M-F 8:30-4:30pm.

Constipation:

Your bowel movements will be less often after surgery. If you notice any bloating, or that you are not passing gas, or it has been over 3-4 days since your last bowel movement then you may be constipated. Nausea may also be associated with constipation.

*Only use one of the following medications, except for Benefiber or Miralax.

*If constipation is still not resolved after use of these medications, please contact our office.

MOM (Milk of Magnesia)

Take as directed on the bottle

If you have a history of kidney failure/insufficiency you should NOT use MOM

Fleets Enema (2 bottles)

Use 1st bottle, wait 30 minutes, if no results, use 2nd one

Colace

100mg twice a day, once resolved then once a day

Miralax

Take as directed on the bottle. This can be used with MOM, Fleets, or Colace.

Benefiber

Take as directed on the bottle. This can be used with MOM, Fleets, or Colace.

Diarrhea:

You may experience occasional diarrhea due to surgery or changes in diet. If you are experiencing more than 5 loose watery stools a day, have a fever, bloody diarrhea, abdominal or cramping, please contact our office immediately.

*Only use one of the following medications, except for Benefiber or Miralax.

*If diarrhea isn't resolved or worsening, please contact our office, lab work may be needed.

Immodium AD – Take as directed on package

Kaopectate – Take as directed on package

Benefiber – Take as directed on package. May be used with Immodium or Kaopectate

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