



Post-Operative Nausea and Constipation Care

If you are experience **nausea or vomiting** we recommend the following:

1. Start by drinking small amounts of clear, cool liquids like water, Jell-O, soup broth, Gatorade, ginger ale or popsicles. Then progress to eating slow, small meals of bland foods such as those in the B.R.A.T diet –Bananas, Rice, Applesauce and Toast. You may also try saltine crackers. Avoid spicy or greasy foods.
2. Do not drink large amounts of fluid while eating. Also, rest before and after meals but do not lie down for 2 hours after eating.
3. We advise eating small snacks with your medication, which may help avoid an upset stomach.
4. **If nausea and/or vomiting persist please call our office at 541-472-0603.**

Constipation is the inability to have a bowel movement in several days (more than three) and/or inability to have a bowel movement without straining. This is a common side effect of opioid (narcotic) pain medication. You can avoid constipation by increasing your fluid and fiber intake with bran, green leafy vegetables or over-the-counter fiber supplements. To avoid constipation, we recommend the following:

1. Take Colace - Over-the-counter stool softeners (2 tablets, twice daily).
2. If you do not experience relief after 24 hours add Milk of Magnesium (30ml, twice daily) or Miralax (1 capful, twice daily).
3. If you have no bowel movement after 3 days, you may take an over the counter Dulcolax suppository rectally as directed and/or an over-the-counter Fleets enema as directed.

If you have no bowel movement after four hours call your Primary Care Provider for further treatment. After you have a bowel movement you may continue to take a stool softener as directed. If you get diarrhea, stop taking medication until normal soft stool returns.

