Heal Better Feel Better

Keep your recovery moving smoothly.

DID YOU KNOW?

It's common to experience constipation after surgery.

You're not alone, and it's treatable.

Constipation and Digestion

WHAT CAUSES CONSTIPATION AFTER SURGERY?

Your digestion may work more slowly and you can get constipated when...

- There are changes in your eating habits
- You're taking prescription pain medication
- You're not as active as usual

WAYS TO PREVENT CONSTIPATION AFTER SURGERY

- **DRINK** at least 8 cups of water per day
- **EAT** high fiber foods like grains, prunes, etc.
- **WALK** or exercise after big meals
- **LISTEN** to your body and don't ignore the urge



HELPFUL TIP

Discuss stool softeners or laxatives with your doctor after surgery.

Healing looks different for everybody.

Talk with your care team about what's safe and can help you heal stronger after surgery.

Find more tips and tools at **www.heal-better.org.**

MSQC
MICHIGAN SURGICAL QUALITY COLLABORATIVE

Designed by I. Kalus