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## **Preventing Constipation**

### **Constipation**

- Decreased activity and the use of pain medications following surgery may lead to constipation
- Drink lots of liquids and eat foods high in fiber
- If you become constipated, you can take over-the-counter stool softeners such as Colace or laxatives such as Ducolax, MiraLax, and Metamucil.
- If having persistent constipation issues that have not resolved with over-the-counter treatments, you can try the following recipe:
  - ½ cup orange juice
  - ½ cup prune juice  
(heat combined juices in microwave to room temperature)
  - 2 Tablespoons Milk of Magnesia
  - 2 Tablespoons Magnesium Citrate
  - Wait 1 hour, if it does not work, take again
  - DO NOT LEAVE THE HOUSE FOR AT LEAST 1 DAY
- If any questions or if you experience abdominal fullness/discomfort please call the office