DIARRHEA AND CONSTIPATION PATIENT INSTRUCTIONS

Diarrhea is significant if you have 3 or more loose or watery stools in a 24 hours period.
- At the first sign of diarrhea (poorly formed or loose stool) take 2 tablets (4mg) of Immodium (loperamide) IMMEDIATELY.
- Then take 1 tablet (2 mg) EVERY 2 hours (even if you have to wake up during your sleep) until you have had no diarrhea for 12 hours.

Recommendations when you have diarrhea
- Increase your fluid intake to at least 2 to 2 ½ liters per day. This should consist of mild, clear liquids such as juice, water, Gatorade, 10-K or soup.
- Avoid alcoholic beverages, caffeine, and fried or greasy foods.
- Notify you doctor or nurse if you have dizziness, continued diarrhea or if you develop nausea, vomiting, and/or abdominal pain.

Constipation is the failure of the bowel to empty itself thoroughly and comfortably. There are several possible causes of constipation. These include some medications such as pain medication, poor diet, and decreased fluid intake.
- It is best to prevent constipation.
- The next best thing is to relieve constipation IMMEDIATELY and to establish an effective bowel routine.

Recommendations when you have constipation
- Take Senokot or the lower cost generic Senna Concentrate or Sennagen. These are natural vegetable laxatives. As a start, take 2 Senokot tablets twice a day or 1 to 2 tablets each time you take pain medication.
- If constipation continues, gradually increase the Senokot to as many as 12 to 16 tablets per day. Understand Senokot works slowly—so don't give up on it too early!
- If needed, take 2 tablespoons of Milk of Magnesia with your Senokot once or twice a day.
- Try to increase your fluid intake to 1 ½ to 2 quarts per day.
- Try to increase your intake of fruits and vegetables.

Call your doctor or nurse right away if you develop nausea, vomiting or abdominal pain or if you have not had a bowel movement in 3 days.

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