

Christopher Faubel, M.D.
Jacinthe Malalis, D.O.
Allen Kao, M.D.
Physical Medicine & Rehabilitation
Interventional Pain Management
Electrodiagnostics



Suggestions for Opioid-induced Constipation

Avoid fiber-containing products as the added bulk with a slow bowel will make things worse.

Always start with increased water intake (at least 64oz/day) and increased fruits and vegetables.

Constipation medications:

1. Colace (docusate sodium) 100mg 1-2 tablets daily to twice daily
2. Dulcolax 1-2 tablets by mouth daily
3. Senokot-S (senna): 1-2 tablets daily to twice daily
4. MiraLax (polyethylene glycol) 17g (1 Tbsp) in 8 oz water 3x per day backing off to once daily. May take 2-4 days to completely work.

Should the above not work, please call the office and we can discuss further.