

## **Mr Raymond Yap**

MBBS, BMedSci, MSurgEd, FRACS, FCSSANZ  
Colorectal and General Surgeon  
Laparoscopy, Robotics, TEMS/TAMIS, taTME  
Open Access Colonoscopy & Gastroscopy  
Colorectal Cancer, Diverticulitis, IBD  
Haemorrhoids & Anorectal Disease

## **CR Surgery Clinic**

Suite 20, Cabrini Malvern  
Isabella Street, MALVERN 3144  
Ph: 61 3 8376 6429  
Fax: 61 3 9509 0812  
Website: <http://crsurgery.com.au>  
Email: [info@crsurgery.com.au](mailto:info@crsurgery.com.au)

### **LAXATIVE INSTRUCTIONS FOR SEVERE CONSTIPATION**

Please only follow these instructions if you have specifically been instructed by Mr Yap for your severe constipation.

#### **Diet**

- Eat as much fibre as possible including whole grain breads, cereals and oats. Except for prunes, fruit and vegetables do not have much fibre, hence why you should take the fibre supplement.
- Drink at 6-8 glasses of water daily to ensure you do not get dehydrated.

#### **Laxatives**

- **Fibre supplements** – Take 2-3 teaspoons of a fibre supplement (eg. Metamucil, Benefiber, psyllium husk) mixed in a glass of water/juice twice a day. 2-3 tablets can be used instead.
- Fibre supplementation will **not** give you diarrhoea. The most common complaint is a feeling of bloating/gas.
- Follow the below **one step at a time**.
  1. **Stool softeners** – Initially, take one sachet of Movicol up to 3 times a day, morning, lunch & in the afternoon.
  2. **If you are still constipated** – take lactulose 20mls up to three times a day. Start at one dose, then increase up to 3 if required. Use one microlax suppository in the morning if needed.
  3. **If you still constipated after this:** take two tablets of Coloxyl & senna up to two times a day. Do not use for longer than a week as the bowel becomes dependent on the senna. You can take the Coloxyl (no senna) on its own for as long as you like.

4. **As a last resort**, you can try 1-2 doses of ColonLYTELY or Picolax.

- **STOP** this if you are having abdominal pain, anal pain, nausea, vomiting or it is not working, contact your doctor or go to emergency.
- If you are having **diarrhoea**, **reduce** the laxatives. Keep taking the fibre as this will reduce the diarrhoea.

#### **Toileting Habits**

- Avoid spending longer than 3-5 minutes on the toilet. The act of sitting over a hole creates more pressure on your anal region, and predisposes you to conditions such as haemorrhoids.
- If you cannot go, stand up and walk around until the urge comes back.
- Go for regular walks and exercise – this helps your bowel motions.
- Avoid straining. Again, this increases the pressure on the anal region.
- Avoid toilet paper as its effect is like sandpaper on your anus! Clean the area only with water if possible. A bidet can help. When outside your house, use wet, unscented baby wipes. Don't use lotions, soaps or creams unless told to as these can irritate your anus.

#### **Other therapies**

- **Sitz baths** can be helpful to allow you to pass stool or to ease anal pain. Fill the tub with a few inches of lukewarm water and let your bottom bathe in this for 5-10 minutes. This will help with any pain you might have. Do not add any lotions or additives to the water.