



Bowel Management After Your Total Joint Replacement

- Follow guidance below for a healthy bowel after surgery
- Please contact your surgeon or primary care provider if you are experiencing belly pain or irregularity for longer than 7 days after surgery
- If you have had bowel surgery please follow the guidance of your gastrointestinal specialist or primary care provider

Postop Day	Stool Type 1	Stool Type 2	Stool Type 3	Stool Type 4	Stool Type 5	Stool Type 6	Stool Type 7
Day after surgery and 2 days after surgery	<ul style="list-style-type: none"> • High fiber diet • Increase fluids • Increase walking • Reduce opioids if possible • Warm prune juice • Medications – colace, senna, and mirilax as directed 		<ul style="list-style-type: none"> • High fiber diet • Increase fluids • Increase walking • Medications – colace and senna, as directed 		<ul style="list-style-type: none"> • High fiber diet • Increase fluids • Increase walking 		
3 Days after surgery and 4 days after surgery	<ul style="list-style-type: none"> • High fiber diet • Increase fluids • Increase walking • Reduce opioids if possible • Warm prune juice • Medications – colace, senna, and mirilax as directed • Enema 		<ul style="list-style-type: none"> • High fiber diet • Increase fluids • Increase walking • Medications – colace and senna, as directed 		<ul style="list-style-type: none"> • High fiber diet • Increase fluids • Increase walking 		
5 Days after surgery and 6 days after surgery	<ul style="list-style-type: none"> • High fiber diet • Increase fluids • Increase walking • Reduce opioids if possible • Warm prune juice • Medications – colace, senna, and mirilax as directed • Enema • Call surgeon or primary care provider 		<ul style="list-style-type: none"> • High fiber diet • Increase fluids • Increase walking • Medications – colace and senna, as directed 		<ul style="list-style-type: none"> • High fiber diet • Increase fluids • Increase walking 		<ul style="list-style-type: none"> • Call surgeon or primary care provider