

Section of Colon and Rectal Surgery

Medications

- Your surgeon may recommend using over the counter Imodium to control output. You may take
 up to 8, 2mg tabs a day. As with any strategy begin slowly when introducing Immodium. You
 may begin with 1 tab 2-4 times a day and advance to 2 tabs 4 times daily if necessary.
 Some patients find taking 1 Imodium prior to meals and 2 at bedtime is most helpful.
- Imodium should be used to prevent further episodes of high output. Once you determine how much Imodium you need to take, to control your output, a regular schedule is best.
- Psyllium powder taken with a full glass of water before meals may help slow output.
- Your surgeon may prescribe Lomotil to help slow output.
- Over the counter probiotics can be helpful. (Align, Culturelle are available at your local pharmacy, VSL#3 can be ordered online)

Fluids

- Drink a glass of water every time you empty your pouch.
- Drink 10-12 glasses of fluid a day. If drinking alcohol or caffeine replace each glass with an additional glass of water.
- Drinking coffee and tea increases urine and salt output.
- Wait 30-45 minutes after a meal to consume liquids (sipping with the meal is ok).
- If drinking sports drinks for electrolyte replacement try diluting the drink with water 1 to 1 to reduce the amount of sugar preserving (ie: ½ cup water + ½ cup Gatorade).