



Dr. Zahid Afzal
1890 Silver Cross Blvd, Suite 520, New Lenox, IL 60451
3 N Main Street, Manteno, IL 60950
Tel: 833-368-8688

Fecal Stasis

What is Fecal Stasis?

Fecal Stasis retained stool after incomplete bowel movements. Many people do not have the perception of having retained stool because they may have daily or even multiple bowel movements a day. This issue may lead to abdominal discomfort, urgency to have bowel movement without warning, bloating and gas. At times it may be perceived as diarrhea due to an overflow situation. Most American's diet lacks adequate fiber intake. This exacerbates the problem. One way to combat this problem is to increase the fiber in the diet and do a periodic colon cleanse to keep the stool from building up. Below is a bowel regimen that should be followed regularly. It consists of one day of a colon cleanse followed by daily Miralax to keep the bowels moving. The cleanse is recommended about every two to three months.

**** Please note that bowel symptoms may be related to an underlying illness. To avoid a delay in diagnosis of illness or even cancer, it is essential that any bowel symptoms be evaluated by your Gastroenterologist first before any bowel regimen is recommended.**

The CLEANSE: (1 Day and plan to stay home!)

Take two Dulcolax in the morning. Mix 8.3 oz of powdered Miralax in your choice of 32 oz of liquid. You will mix the entire bottle of powdered Miralax with your preferred beverage and drink slowly through out the morning; making sure you are also drinking adequate fluids to prevent dehydration.

Daily Regimen: (Day after the initial cleanse)

Daily you will use Miralax (1 capful or 17 grams) in your choice of liquid every morning.

If fiber is recommended, you will use Metamucil every evening. Recommended daily dose on packet/bottle is sufficient. Normal healthy diet consists of 25 to 30 grams of fiber with diet and the supplement

In some cases, one or two tablets of Dulcolax is recommended on weekends to enhance colon emptying as Miralax alone may not be enough.

Any questions?? Feel free to call our office. 833-368-8688 Jamie