

## Why should I care about trying to prevent an ileus?

- An ileus can cause you pain or discomfort
- You may have nausea or vomiting. An ileus can increase your risk for lung problems
- Some patients may have to go to the Emergency Department or be re-admitted to the hospital for their ileus

## That sounds serious!

What can I do to prevent this?



**MUSIC Coordinating Center**  
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## You and your doctor decided on surgery for your care.

- As with any surgery, there are potential complications
- You and your doctor may have already discussed erectile dysfunction and incontinence
- One problem that can make you return to the hospital is an ileus



## Preventing ILEUS:

**A common reason for an unplanned return to the hospital**

## What is ileus?

- Ileus is severe constipation
- It is when you cannot pass gas or have a bowel movement
- Ileus is a common problem after surgery

## Why may ileus be related to my surgery?

- The intestines can go to sleep after abdominal or pelvic surgery
- Narcotic (opioid) pain medication can make ileus worse

**Your doctor may want you to eat a SOFT or CLEAR diet before surgery**

**SOFT DIET**

YES	NO
White/plain bread, pasta, rice	Multi-grain/brown pasta, rice
Skinless fresh fruit	Seeded dried fruit
Cooked vegetables	Raw and gas forming vegetables
Low fat milk, cheese, yogurt	Whole or regular milk products

**CLEAR DIET**

YES	NO
Water (Plain, flavored)	Dark carbonated beverages
Juice (Pulpless apple or white-grape)	Pulp or vegetable juices
Colorless gelatin/Jell-O	Solid food
Clear, fat-free broth	Dairy products

**On the day OF surgery:**

**Before surgery**



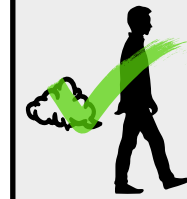
Do not eat or drink anything unless directed by your doctor or nurse.

**After surgery**



Walk around and try to pass gas.

**The day AFTER surgery:**



Try to get up every 2 hours to walk around. Walking around may help you pass gas.

**When home with your catheter (if appropriate)**



Continue to walk around, care for your catheter (if appropriate), and follow a small portion soft diet.

**When you're home, for the next 30 days:**

**YES**



- Gradually build your diet from small to normal portions.
- Follow a soft diet until regular bowel movements return.

- Stay active. Continue walking, but avoid strenuous, weight bearing exercise.



- If sitting for longer than 1 hour, take a short walk at least once per hour while you are awake.



**CAUTION**



**What will it look like if I have an ileus?**

- If you develop an ileus, you will most likely be very bloated/constipated and have a lot of abdominal and pelvic pain/discomfort.
- You may not be able to pass gas or have difficulty passing a bowel movement.



**Get Help!**

**When should I call someone?**

Severe pain, fever, chills, nausea, vomiting, inability to keep down food and water

**Who should I call?**

My doctor's office

**What should I do if I cannot reach anyone?**

Seek care in an emergency department or urgent care