

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?



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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



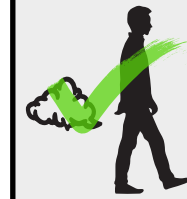
Do not eat or drink anything unless directed by your doctor or nurse.

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