



Colon & Rectal Surgery

Management of Fecal Impaction

Fecal impaction is a common yet unfortunate problem. Here are some ways to resolve fecal impaction—please follow the order of these steps:

1. Purchase these 4 items from your pharmacy:
 - Fleet Oil Retention Enema
 - Bag Enema
 - Magnesium Citrate (10-ounce bottle)
 - Milk of Magnesia Laxative
2. Give yourself the Fleet Oil Retention Enema. Hold it for up to 1 hour.
3. Next, give yourself a bag enema with 1-1 ½ quarts of warm water.
4. Repeat the bag enema 2-3 times, if needed.
5. Drink the 10 ounces of magnesium citrate over ice within 30 minutes of performing step 3.
6. The following day, take 1-2 ounces of Milk of Magnesia laxative.
7. Repeat taking the Milk of Magnesia laxative daily, as needed, until fecal impaction has resolved.
8. Follow further instructions as given at our office. Please call if you have more problems.

Excerpted with permission from the American Society of Colon & Rectal Surgeons