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CONSTIPATION MANAGEMENT

Constipation: Difficult passage of hard bowel movements

Eat high fiber foods:

- ✓ Raw or cooked fruits and vegetables.
- ✓ Dried fruits.
- ✓ Whole grain cereals and breads
- ✓ Bran or granola

Must drink more fluid when increasing fiber.

Drink 6 to 8 glasses (8 ounces each) of fluid daily:

- ✓ Prune juice, fresh fruit juices (except apple juice), water

Attempt bowel movement at same time every day (preferably after breakfast).

Drink a hot drink 30 minutes before usual time for bowel movement every day.

Exercise every day. Simply go for a walk or increase your usual activity.

If no bowel movement in 2 days, start:

- ✓ Colace 100 mg twice a day at breakfast and bedtime.
- ✓ Senokot 2 tablets at bedtime.
- ✓ If no bowel movement after 24 hours taking Colace and Senokot:
 - ADD Milk of Magnesia 30 ml. or 2 tablespoons at bedtime.

WHEN TO CALL:

Please call if you are concerned - on any day -at any time- about any issue!

Please call EARLY if symptoms not controlled, so that office visit may be scheduled if needed.

Any abdominal or rectal pain, rectal bleeding, nausea or vomiting, or fever.

Inability to pass gas.

No bowel movement in 3 days.