



# TREATMENTS FOR CONSTIPATION

## COMPLETE CLEAN OUT

Magnesium Citrate: Drink 1 pint of magnesium citrate daily until clear. This is OTC (Over the Counter)

Bisacodyl Rectal Suppository 10 mg OR Fleets enema. Hold in rectum x 15-20 minutes if you can.  
May be used every 12 hours if needed. (OTC)

Miralax: 1 capful in 4-8 oz of liquid. Keep using this throughout the day until stools are watery and clear. (OTC)

Eat a liquid diet during this clean out. Usually takes 24-36 hours to become clear.

## MAINTENANCE OF SOFT NON STRAINING BOWEL MOVEMENT

Regularly eat high fiber foods and drink plenty of water each day. Goal is 30 grams of fiber daily for adults.

May use colace stool softner 1 or 2 per day regularly.

May use 1/2 to 1 cap full of Miralax daily.

Goal of treatment is soft non straining bowel movements, consistency of soft serve ice cream.  
(sorry for the visual).

### SEE A DOCTOR IMMEDIATELY IF YOU

- Have severe, persistent abdominal pain and bloating;
- Can't pass stool

### MAKE AN APPOINTMENT TO SEE A DOCTOR IF YOU

- Have fewer than three bowel movements a week
- Continually strain to pass stool
- Bleed from your rectum