



## Home Management of Constipation



1. Mix 1 rounded teaspoon of psyllium fiber (Metamucil® brand or Walmart® Equate generic) in 6-8 ounces of cold water. Take this dose of fiber supplement a minimum of once per day. You may repeat this dose up to 3 times per day.

OR

2. Mix 1 cup of unprocessed wheat bran or miller's bran with 1 cup of apple sauce and  $\frac{1}{4}$  cup of prune juice. Take 2 tablespoons in the morning and 2 tablespoons in the evening.

3. Take one tablespoon of magnesium hydroxide (Phillips® Milk of Magnesia or a generic equivalent) if you do not have a bowel movement within one hour of rising each morning. Repeat this dose each hour until you have a bowel movement (do not exceed 6 doses in a day). Most patients will begin having daily bowel movements without the need for magnesium hydroxide within one week of therapy.



If you experience any problems with this recommended therapy for managing your bowels, call 480-834-5111 and ask to speak with Rachel Wheeler, MA for further advice.