



**Constipation Treatment Plan** (all medications are OTC. Follow steps 1,2,3)

Patient name: \_\_\_\_\_

1] Cleanout	Medication	Instructions (typically on a weekend)
For colon motility	Ex-Lax (chocolate) or Senna (tablets)	Take _____ pieces. Take in the morning when you wake up. Take on day 1 and day 2.
For stool softening	Miralax or Clearlax	Take _____ capfuls daily on day 1 and day 2. Mix 1 capful in 4-8 ounces of water / Gatorade / juice. Try to drink in 2-4 hours.
For rectal emptying	Enema (Fleets/ saline) or Glycerine suppository	Take one if there is no BM by the end of the first day of the cleanout. Insert rectally while lying down on the right side.

2] Maintenance Plan: Start after the cleanout is completed	
Daily stool softener	<b>Miralax:</b> _____ capful once daily, <b>OR Milk of Magnesia:</b> _____ oz once daily, <b>OR Metamucil:</b> 2 tbsp once daily, <b>OR Prune juice:</b> _____ oz once daily. Take it after a meal.
Rescue plan if needed	If no BM in 2 days: Take _____ Ex-Lax at bedtime
	If no BM in 4 days: Take 1 Fleet/saline enema/glycerine suppository (typically in the morning)

3] Lifestyle Change: Moving forward to avoid constipation. Start after the cleanout.	
Diet	Limit excessive dairy/carbohydrate intake. Avoid fast/processed food. Increase juicy fruits and greens. Drink plenty of water (_____ glasses/day). Eat fresh food.
Behavior at BM	Do not hold or push / strain. Try to breath/relax. No distractions during the toilet.
Schedule BM	Morning is the best time. Go when you wake up; then try after meals. At least 10 minutes each.
Squatting position	Squatting helps relax and increase pressure: Use step-up stool / squatty potty / full-squat toilet

