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BOWEL REGIMEN FOR CHRONIC CONSTIPATION

- Take one or two tablespoons of one of the following once or twice daily with your meals. Unprocessed Wheat Bran, Miller's Bran, Metamucil, Citrucel, LA Formula, Plain Perdiem, Fiberall, or Konsyl. Wheat Bran may be taken in juice, cereal, grits, oatmeal, or applesauce. It mixes best with a bran cereal. It is very important to take one of these everyday with your meals. If the fiber doesn't mix with your meal you may not have good results.
- Drink a large glass of water after every meal. Eat a high fiber diet regularly, three times a day.
- If the high fiber supplements are not adequate, use milk of magnesia daily in the evening. Start with one ounce and increase up to three ounces daily.
- It is best to try to have a regular time each day to have a bowel movement. Preferably this time should be after a meal - every morning or every evening. In many people it is normal to have a bowel movement every other day or every third day. If you have no bowel movement, use a glycerin suppository first (no prescription needed). If you have no results from the glycerin suppositories, use a tap water enema or Fleets enema.