



## **Constipation Care Guide**

Tips to Keep Your Bowels Healthy and Comfortable.

### **■ Healthy Habits for Prevention**

- Drink plenty of fluids: Aim for at least 8 cups of water per day, unless your doctor has told you to limit fluids (for example, with heart failure).
- Eat more fiber: Choose fresh fruits, vegetables, whole-grain bread, and brown rice.
- Stay active: Gentle movement such as walking helps your bowels work better.
- Prune juice: 1–2 cups daily can help naturally.

### **■ Medications (as recommended by your doctor)**

- Colace (Docusate Sodium) 100 mg: Take 1 tablet, 3 times daily with meals. This softens the stool.
- Senna 10 mg: Take 1 tablet once or twice daily. This stimulates the bowel to move.
- Fiber supplement (Metamucil, Psyllium husk): Mix into a drink once daily.
- MiraLAX (Polyethylene Glycol): Take 15 ml or 1 packet once daily as needed for constipation.

### **■ When to Call Your Doctor**

- No bowel movement for more than 3 days despite using your bowel regimen.
- Severe abdominal pain or bloating.
- Blood in your stool.
- Unexplained weight loss.



## ■ Key Takeaways

- Drink water + eat fiber daily.
- Use prune juice and gentle medicines as needed.
- Contact your healthcare provider if constipation does not improve.