

INPATIENT SURGICAL CONSULTANTS

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Bowel Management Program

1. Drink plenty of fluids, including at least 8 glasses of water per day.
2. Eat a high fiber diet. Common foods that are high in fiber include fruits, vegetables and whole grains.
3. Introduce a fiber supplement, such as Fibercon, Metamucil or Citrucel (use recommended dosage).
4. Take a stool softener (Sodium Docusate 100mg, twice daily).
5. If necessary, take Miralax (17 grams or one capful), Milk of Magnesia (1 tablespoon) or Magnesium Citrate (½ to 1 bottle) as directed by physician.