

## my plan

*note: go directly to emergency room if: sudden severe belly pain with a woody-hard belly wall; fever >100.3; not eating or drinking; repeated vomiting; or confusion (unusual speech, prolonged drowsiness, staggering, falling, or other alarming changes).*

### daily:

- fiber supplement, 20 grams per day** (all gluten-free)

Konsyl - 6g/dose  
Acacia fiber - 4.5g/dose

Metamucil - 3.4g/dose  
Benefiber - 3g/dose

Citrucel - 2g/dose  
Fibercon - 1g/dose

*note: 1 whole apple, with peel, contains 3 grams fiber. ("an apple a day keeps the doctor away.")*

### softener:

- docusate 100 mg at bedtime.
- prune juice 1/2 cup at bedtime.

### water/fluids:

- 2 liters (1/2 gallon) throughout the day.
- 3 liters throughout the day if using caffeine and/or alcohol.

### day 3 of no bm (not for daily use):

- fiber, softener, water as above.**

### stimulant in the morning:

- senna, 75 mg total over 24 hours, divided into 2-3 doses (e.g., 25 mg every 6 hours).
- bisacodyl, 15 mg, one time.
- castor oil 3 tablespoons in juice or water, one time (approx. 50 mL).
- aloe vera gel, 2 Tb of gel (approx 30 mL), three times over 24 hours (total, 6 Tb).

### osmotic in the afternoon, if needed:

- magnesium hydroxide (Milk of Magnesia), 2-4 Tb, one time, or divided into 2 doses over 24 hrs (total 2400-4800 mg).
- magnesium sulfate (Epsom Salts), 1-2 tsp one time in water, or divided into 2 doses over 24 hrs.
- lactulose (Kristalose), 2-4 Tb in water, one time, or divided into 2 doses over 24 hrs.
- polyethylene glycol (Miralax), 1 heaping Tb powder (17 grams) in water, once or twice in 24 hrs.
- glycerin suppository, one time: insert, then lie down for 30 minutes or until an urge is felt.

### lubricant, if desired:

- mineral oil, 1 Tb by mouth, one time.

### day 4 (if no success on day 3):

- fiber, softener, water as above.**
- magnesium citrate**, 10 oz, one time only, in the morning.
- enema** (sodium phosphate), one time only, in the evening if needed.

### day 5 (if no success on day 4):

- fiber, softener, water as above.**
- see doctor or urgent care today.** expect physical exam, lab tests, x-ray.
- if can't see doctor/urgent care today, repeat day 4 routine, see doctor/urgent care on day 6, no later!

### aftercare:

- daily fiber, softener, water as above.**

### probiotics:

- Nancy's or Stoneyfield yogurt or kefir (cow or soy), 1 cup daily for 30 days.
- probiotic pills:
  - iFlora (sedona labs) probiotic, 2 capsules daily for 30 days.
  - FloraSmart (renew life) probiotic, 1 capsule daily for 30 days.

### exercise:

- yoga daily, on floor, bed, or chair (bend; twist; hips above head, or hands and knees).
- walk outside daily.