Washington University in St.Louis

SCHOOL OF MEDICINE

Section of Colon and Rectal Surgery

Bowel Routine for Constipation

- 1. In the morning, take <u>one of the following</u> mixed in water or juice:
 - a. **Coarse milled or Original Texture Metamucil powder**, 2-3 tablespoons of orange flavored or 2-3 teaspoons of unflavored in juice.
 - b. Konsyl powder, 2-3 level teaspoons
- 2. Eat breakfast daily. Include a warm beverage with this meal.
- 3. Use a glycerin suppository or tap water enema 30 minutes after breakfast.
- 4. Every day, drink 6 8 (8 ounce) glasses of any caffeine-free beverage, preferably water.