

Constipation Prevention

- Exercise for at least fifteen minutes three times a week.
- Drink six to eight cups (eight ounces) of water everyday.
- Increase dietary fiber. Eat raw vegetables and fresh fruit. Take a fiber substitute.
 - Examples: Fibercon, Metamucil, Citrucel, and Benefiber

Do not take medications that slow the system, like zofran and narcotics.

Treatment:

Miralax may be taken up to three times a day.

Colace is used to soften the stool.

Glycerin suppositories may be used.

Caution: please do not use an enema unless directed to by your provider.

Hemorrhoids:

- Prevent constipation
- Wipe with Tucks Pads or gauze pads soaked in witch hazel Preparation H cream or Cooling Gel
- Tea bag poultice-soak tea bag in warm water and apply to hemorrhoid for fifteen minutes three times a day.