



Guidelines for Managing Constipation

GENERAL

- Increase fluids to at least eight glasses per day.
- Eat a diet high in fiber.
- Avoid foods with white sugar, pasta, pastries, cheese, and rice.
- Exercise regularly.
- Establish regular times for evacuations (usually after a meal).
- Drink a warm liquid one-half hour before breakfast to stimulate bowel movement.
- Sit in a modified squatting position for evacuations by placing feet on a stool.
- Avoid laxative and enema abuse.

FIBER

Sources of Fiber

- cellulose
 - vegetables
 - whole-grain products
- hemicellulose
 - bran cereal
 - whole-grain products
- gums (decrease cholesterol and blood sugar)
 - legumes (dried peas and beans)
 - oat bran
- pectin
 - apples
 - citrus

Tips on Increasing Fiber in Your Diet

- Increase fiber slowly to give the digestive tract time to adjust and to avoid flatulence and cramping.
- Increase fluids along with fiber to prevent constipation.
- Obtain fiber from a variety of sources.
- Eat whole-grain food because processing tends to decrease fiber content.
- Choose fruits and vegetables with edible skins and seeds.
- Eat whole grains such as barley, bran, brown rice, buckwheat groats, cornmeal, popcorn, whole wheat, and wheat germ.
- Store whole grain carefully; it is more perishable than refined grain.

SEKOKOT-S® Tablets Laxative Protocol

Many prescription medications can cause constipation. Bowel function is also affected by activity and diet. For example, regular doses of narcotic pain-relieving medication frequently cause constipation. A medication regimen that also includes use of a laxative is almost always required to avoid constipation.

A daily bowel regimen should be followed just as carefully as your doctor's other instructions. The overall goal is to have a bowel movement approximately every _____ day(s). Because responses vary, use the guidelines below to find a regimen that works best for you. If at any time the dosage of your pain-relieving medication is changed, you may also need to increase or decrease your daily dosage of laxative. See your doctor for a change in dose.

1. Take two Senokot-S® tablets at bedtime.

If you do not have a bowel movement in the morning,

2. Take two Senokot-S tablets after breakfast.

If you do not have a bowel movement by evening,

3. Take three Senokot-S tablets at bedtime.

If you do not have a bowel movement in the morning,

4. Take three Senokot-S tablets after breakfast.

If there is no bowel movement within 48 hours after starting the protocol,

5. Add _____ after breakfast, while continuing to take three Senokot-S tablets in the morning and three Senokot-S tablets in the evening.

If there is no bowel movement within _____ hours after beginning this protocol, please consult your physician for additional instructions.

Once you start having bowel movements, use the two steps prior to your last one as your daily laxative protocol. For example, if you achieved a bowel movement after Step 4, use Steps 2 and 3 (that is, two Senokot-S tablets in the morning and three Senokot-S tablets at bedtime) as your daily regimen.

Remember, constipation is a common side effect of many medications. A daily bowel regimen helps to prevent this potentially troublesome side effect.

If you are unsure about what to do, please call your physician for advice.