



## **Constipation Treatment**

Start with step 1 and work down until constipation is relieved

1. Drink plenty of water and exercise - walking is a great way to get exercise.
2. Take a fiber supplement – the goal is 20 to 25 g of fiber a day.  
Use Metamucil or any other over the counter fiber supplement – this is healthy for the colon. This may not relieve the constipation, but will make any laxative taken more effective and less laxative will be needed.
3. Take a laxative – this needs to be used carefully. The colon can become dependent so use this only as needed. Some examples are MiraLAX, Mag Citrate and prune juice. Ex-Lax is NOT recommended.