

Gastroenterology and Internal Medicine Specialists, S.C.

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FOR CONSTIPATION:

1. Fiber supplement with water 2x a day.
(Examples: Fibercon or Metamucil)
2. Docusate 2x a day
3. Prune Juice
4. Phillip's Milk of Magnesia 1-2 tbsp at night (can stop if not needed)