

Bowel Regimen for Constipation

For constipation, follow the bowel regimen below:

You can buy store-brand **senna** to be used for this bowel regimen. Name-brand Senokot® is another brand that can be used. You can buy them over the counter without a prescription.

Step 1: Take two (2) senna tablets at bedtime.

- If you have a bowel movement the next day, continue taking two (2) senna tablets at bedtime
- If you do not have a bowel movement, move to Step 2

Step 2: Take two (2) senna tablets after breakfast and two (2) tablets at bedtime.

- If you have a bowel movement by bedtime or by morning, continue taking two (2) senna tablets in the morning and at bedtime
- If you do not have a bowel movement by morning, move to Step 3

Step 3: Take three (3) senna tablets after breakfast.

- If you have a bowel movement by evening, continue taking three (3) senna tablets in the morning and two (2) senna tablets at bedtime
- If you do not have a bowel movement by evening, take three (3) senna tablets at bedtime

Call your healthcare team at 732-235-2465 if you experience any of the following:

- Loose bowel movements (diarrhea)
- Fever of 100.4° F or higher, or as directed by your provider
- Three (3) or more days without a bowel movement
- Stomach pain
- Difficulty passing gas
- Nausea or vomiting
- Stomach looks swollen or feels hard
- Blood in your stool

Other medicines such as MiraLAX® and Metamucil® can be used for constipation. Talk with your healthcare provider if you have used them in the past. Follow the package instructions and make sure you drink at least 6-8 glasses of water a day.

If you are in need of immediate assistance, please call 732-235-2465 and select the option that best meets your needs.