

## 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 having problems during business hours (8:30 a.m. to 5:00 p.m.), please call 732-235-2465 and the operator will direct your call. If it is after business hours, on a holiday or weekend, please call the same number and our answering service will assist you.**