**CONSTIPATION**

- **Diet/ Lifestyle Modifications**
- **Senna** 2 tablets at bedtime

If no bowel movement for 1 day

Increase Senna
2-3 tablets 2-3 times daily

If no bowel movement for 1 day

**Laxative:**
- **Miralax**- 17 grams in 8 oz water 1-2 times daily (works in 24-72 hours)
- **Milk of magnesia**- 2-4 tablespoonsful once daily (works in 6-12 hours)
- **Magnesium Citrate**- 8 oz daily (works in 0.5-3 hours)

If no bowel movement for 1 day

If no bowel movement for 2 days

- **Dulcolax suppository**
  1 suppository rectally daily to twice daily
- **Dulcolax tablets**
  5 mg - 15 mg once daily

If no bowel movement for 1 day

Use a different laxative from above

* Laxatives may cause abdominal cramping  ** Call your physician in you do not have a bowel movement in 7 days