

PEDIATRIC GASTROENTEROLOGY ASSOCIATES

2577 Samaritan Drive, Suite 815

San Jose, Ca. 95124

408-358-3573

Constipation

INITIAL CLEANOUT

DAY 1	Fleets Enema	_____
2	Ducolax Suppository	_____
3	Ducolax Tablet	_____
4	Fleets Enema	_____
5	Ducolax Suppository	_____
6	Ducolax Tablet	_____
7	Fleets Enema	_____
8	Ducolax Suppository	_____
9	Ducolax Tablet	_____

GENERAL GUIDELINES

- 1 Drink plenty of liquids**
- 2 Eat plenty of vegetables (uncooked, if possible) and fruit**
- 3 High fiber cereal for breakfast (example) Quaker Corn Bran, fruit and fiber**
- 4 Sit on toilet 10 minutes, after meals**
- 5 Mineral Oil**
- 6 Dose:**
- 7 Metamucil / Naturacil / Fiberall Crackers: each dose with at least 8 oz of fluid**
- 8 Multivitamin to be taken at time different from mineral oil**