

Bowel Regimen

This is a bowel regimen for constipation or fecal incontinence to help you have a predictable bowel movement.

1. Take citrucel daily at night.

1 scoop once or twice daily as needed to soften stool or prevent diarrhea; May take 500 mg tablets instead: 2-4 tablets twice daily with 8 oz. of water

2. Eat a high fiber breakfast every day.

This promotes bowel motility.

3. Exercise for at least 15 minutes in the morning with walking, jogging, running, etc.

This helps with bowel motility as well.

4. When you feel the urge to go, sit for at least 5 minutes. If unsuccessful at that time leave the commode and return when you have another urge.

5. If you have trouble wiping clean, which is common with fecal incontinence. Limit wiping to only twice at the anus, then use a small cotton ball placed at the anus right between your buttocks. Remove the cotton ball when you go to void or your next bathroom trip.