



CONSTIPATION

Constipation is a problem for many of our patients and may interfere with the effectiveness of other therapies. As the underlying cause(s) of the constipation are investigated by your physician, you can review the list below for possible treatment options under the supervision and guidance of your physician.

- 1. Prunes or prune juice*
- 2. Fiber*
- 3. Magnesium*
- 4. Vitamin C*
- 5. Senna*
- 6. Olive Oil*
- 7. Mineral Oil*
- 8. Castor Oil*
- 9. Dulcolax*
- 10. Glycerin suppositories*
- 11. Appropriate fluids and dietary changes*

The above is intended as information and does not represent the only options in addressing this problem. Please contact your primary physician prior to beginning any treatment.