**Bowel Program:**

We would like you to undertake a bowel program to see if we can improve your defecatory function. At times, improving defecation can improve your urination as well.

**We would like you to use Psyllium Fiber (Metamucil, Citrucel, Konsyl) or Miralax.**

USE:

-start with one half the recommended dose or ½ scoop every OTHER day for two weeks. Take with full glass water.

-if not improved, then increase to ½ dose/scoop DAILY for two weeks.

-if not improved, then increase to the full dose/scoop every other day or daily.

-continue the lowest dose that improves your bowel function.

Alternatively, if recommended during your visit, you can try the below fiber recipe.

**Special Recipe For Constipation:**

1 Cup of Applesauce

1 Cup of Oat Bran

¼ Cup Prune Juice

You may need to store this recipe in your refrigerator or freezer. Pre-measured servings may

be frozen and sectioned off in ice cube trays, or in foam plastic egg cartons and thawed as

needed.

Begin with two tablespoons each evening followed by one 6 to 8 ounce glass of water or juice.

After 7 to 10 days increase this to three tablespoons and then at the end of the second or third

week increase it to four tablespoons. You should begin to see an improvement in your bowel

habits in two weeks. You should plan on making this a part of your daily routine for your

lifetime. When you begin using the special recipe, you may notice some increased gas and bloating.

This should resolve in a few weeks.