

Bowel Protocol for Constipation

If no Bowel Movement in 2 days then on

DAY 2: Take 2 doses of Miralax in the am and if no movement by the evening repeat another 2 doses.

DAY 3: If on the third day still no BM, then take 4 doses in the am and if by the afternoon no BM, then take a Dulcolax suppository and if no results take another 4 doses.

DAY 4: If no results call us.