

HOW FIBER WORKS

Metamucil

- **Non-diabetic: (regular)** 2 heaping Tablespoons of smooth orange flavor in 10-12 oz. water/ juice every night.
- **Diabetic: (sugar free)** 2 heaping teaspoons of smooth orange flavor in 10-12 oz. water / juice every night.

****Mix the powder in liquid then drink quickly****

Metamucil contains Psyllium which is a bulk forming fiber without chemicals (*may buy generic brand*)

MiraLAX

- 17 grams = 1 cap full in 10-12 oz. liquid once a day
- Miralax contains Polyethylene Glycol to help treat constipation.
- It works by replenishing the water to your digestive system, which helps naturally causing a bowel movement.
- This water both increases the frequency of bowel movements and softens the stool making it easier to pass.

Benefiber

- 2 tablespoons in 10-12 oz. of liquid two times daily

Citrucel

- 2 tablespoons in 10-12 oz. of liquid once a day

Additional Recommendations

- Avoid sitting on toilet for longer than 2 minutes.
- Do not strain while on toilet.
- No reading or using phones while on toilet
- Sitz baths may help with anal pain: Soaking in warm bath water for 10 minutes three times a day

