



Chad P. Nevola, M.D., Inc.

Constipation Regimen

Evacuation Phase: 2 Weeks

1. 8 ounces/day of pear, apricot, or prune juice – no other types of juices
2. Karo syrup: 1 teaspoon in 4-6 oz. milk twice/day
3. Fiber supplementation in the form of:
 - a. Increasing fruits/vegetables as much as possible in diet
 - b. Powdered fiber in juice (e.g. Citrucel, Metamucil)
 - c. Fiber tablets/capsules
 - d. High-fiber bars/cereals

Maintenance Phase: Weeks to Months

- Call after 2 weeks to discuss progress: if stools are more regular and normal, will discuss a gradual decrease in the regimen over time
- Will discuss adding to regimen if symptoms unresolved in 2 weeks
- Call sooner for diarrhea/watery stools > 5-6x/day, persistent vomiting, or uncontrollable pain

Constipation Care Plan

Treatment for constipation (defined as BMs less frequent than every 4-5 days and/or hard/pellet like stools with nearly every stool) is divided into two phases: evacuation and maintenance. The evacuation phase generally takes 2-4 weeks to achieve in most cases. One important point: please call our office after that time EVEN IF CONSTIPATION APPEARS TO RESOLVE to discuss adjustments to the overall plan. Typically, true chronic constipation can take as long as 4-6 months at its worst to resolve. In general, we recommend following up in 1-2 weeks if stools remain pellet-like hard or if stools are less frequent than every 4 days despite the above initial regimen.