

Chronic Constipation Checklist

Interventions:

- Stool Diary
 - Increase daily fiber supplementation. Use 1 tsp of Metamucil in 6-8 oz. of water or juice.
 - Increase daily water intake
 - Exercise
 - Miralax twice weekly, or as recommended:
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- Stool Softener
- Pelvic Floor Physical Therapy

Testing:

- Anorectal Manometry
- MRI Splinting Protocol