

CONSTIPATION

Follow the directions for the medication you were prescribed. We suggest using the medication and the following preparations for at least 3 days. The prescribed medication and the following can all be used together.

1. 1 cup applesauce, 1 cup prune juice, 2 and 1/2 tablespoons of All Bran Cereal. You can mix them together or take them separately, twice per day, every day.
2. Metamucil: 1 teaspoon twice per day. Drink extra glasses of water with this. This is recommended every day forever if you are prone to constipation.
3. Drink several extra glasses of water every day. Your urine should appear clear or very faint yellow which will indicate that you are drinking enough.
4. Glycerin suppository: 1 in the morning after breakfast until stools are soft and regular.
5. Fleets Enema: 1 enema twice per day if stools are hard and difficult to pass.

RETURN TO FIRSTCARE, GO TO AN EMERGENCY DEPARTMENT, OR SEE YOUR OWN PHYSICIAN IF YOUR CONDITION WORSENS, IF NOT IMPROVED WITH PRESCRIBED TREATMENT, OR NOT IMPROVED IN 24 HOURS. FOLLOW UP WITH YOUR PRIMARY PHYSICIAN OR FIRSTCARE WITHIN 1-2 DAYS.

FirstCare offers Family Practice, Pediatric and Gynecologic care, as well as specialist care in the areas of Cosmetic Dermatology, Physical Therapy and Digestive Diseases. We also provide school, sports, work and DOT physical examinations, vaccinations such as flu and tetanus, x-rays and skin surgery.

FirstCare Medical Center has the UltraSlim body contouring system for instant fat reduction. Ask us about this revolutionary device.

Please visit FirstCareMedCenter.com to fill in our PATIENT SATISFACTION SURVEY and be entered to win a \$50.00 Essence MediSpa gift certificate. The link to the survey is on the left side of the homepage at the bottom of the links menu.

THANK YOU FOR ALLOWING US THE PRIVILEGE OF PARTICIPATING IN YOUR CARE. IF THERE IS ANYTHING ELSE WE CAN DO FOR YOU OR ANY WAY WE CAN IMPROVE, PLEASE LET US KNOW.