

CONSTIPATION OR HARD STOOLS



Fiber at least 25g per day. Think plants; the less processed, the more fiber.

Stool Softeners such as docusate sodium at 1-2 capsules daily.

Osmotic Laxatives, such as Miralax, 1-2 capfuls at 1-2 times per day.

Probiotic source – Yogurt, fermented fruits and vegetables, or a supplement with largest meal of the day

Bottom Skin – Barrier cream with Zinc (Diaper cream) such as Calmoseptine or Beaudreaux's Butt Paste

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