

Central Texas Colon and Rectal Surgeons

Bowel Regimen

1. Powder Supplement

- o Benefiber
- o Konsyl
- o Citrucel
- o Metamucil

1 tablespoon in a water/juice _____ times daily. Follow each dose with a full glass of water.

2. Consume 25 to 30 grams of fiber daily. (see fiber table)

3. Drink at least 6 to 8 glasses of water daily.

4. Additional Instructions:

- o Miralax