

Delaware Neurosurgical Group, PA

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If You Are *Still* Constipated After All of Our
Recommendations...

Try the following Regimen:

Items You Will Need	
1.	Gatorade- 1 Quart
2.	Miralax- 14 dose bottle
3.	Dulcolax Laxative 5mg tabs- 2 tablets

Step 1:

Mix half of the Miralax in the quart of Gatorade

Step 2:

Take two 5mg Dulcolax laxative tablets

Step 3:

Wait ½ hour, then start drinking the Gatorade/Miralax mixture.

Drink 1 glassful every 20 minutes until gone.

Step 4:

You may repeat this regimen again, but it would be unlikely that you will remain constipated with two rounds.

*Remember, this may cause dehydration due to diarrhea,
So stay hydrated and drink fluids as needed.*