

MR #: _____

Name: _____

FIBER THERAPY INSTRUCTIONS

IMPRINT AREA

1. Choose one of the following:
 - *Metamucil* fiber wafers (1 wafer = 1 dose)
 - *Benefiber* powder (1 tablespoon = 1 dose)
 - *Citrucel* powder (1 level scoop = 1 dose)
 - *Metamucil* powder (1 rounded teaspoon = 1 dose)
 - *Fibercon* capsules (1 capsule = 1 dose)
 - *Konsyl D* powder (1 rounded teaspoon = 1 dose)
 - *Konsyl* fiber tablets (2 tablets = 1 dose)
2. **Whatever you choose, you MUST take the fiber supplement CONSISTENTLY. Do not miss doses.**
3. Start with 1 dose at breakfast and 1 dose at dinner (2 doses per day).
4. After 2 days, increase to 1 dose at breakfast, lunch, and dinner (3 doses per day).
5. **Every 2–3 days**, increase by 1 dose per day (for example, 4 doses per day, then 5 doses per day, then 6 doses per day, and so on).
6. When the stools are very soft and bulky, and you are no longer having **ANY** hard or painful stools, stay at that dose and do not increase any further.
7. If you experience crampy pain and uncomfortable bloating, back down on the amount of fiber (for example, if you were doing well at 6 doses per day, and then went up to 7 doses per day, and got cramps and uncomfortable bloating, go back down to 6 doses per day).
8. You should notice that the amount of stool is increased and you may be going to the bathroom more frequently.
9. Always take each dose with at least a cup (8 oz.) of water or fluid. Drink lots of water or other fluid in general, so that you are urinating at least 3–5 times per day. **Remember: dehydration also causes constipation.**
10. Call your physician with any questions or problems.

I understand the above regimen and agree to follow it to the best of my ability.

PATIENT SIGNATURE

DATE