

<b>Treatment Rating</b>	<b>Treatment for Constipation</b>	<b>Directions</b>
1	<b>Magnesium Oxide, 400 mg or 500 mg tablets</b>	<b>Take 2-3 tabs by mouth daily for 3 days, then 1-2 tabs by mouth daily after</b>
2	<b>Miralax (generic version is fine)</b>	<b>Take 2 scoops dissolved in water daily for 3 days, then 1 scoop daily after (flavor your water to hide the powdery taste)</b>
3	<b>Fleet enema</b>	<b>Take as directed on the packaging for instant relief</b>
4	<b>Magnesium Citrate</b>	<b>Drink 1 bottle once. Does not taste good. This will most likely cause abdominal cramping before a movement.</b>
5	<b>Milk of Magnesia, Cherry or Lemon Flavor</b>	<b>Follow dosing instructions according to the bottle. One of the worst tasting medications out there. However, it is very effective.</b>

**We do not recommend Benefiber because it tends to be less reliable than the options listed above, contains unnecessary calories, and has a less favorable taste.**