

Managing Constipation on the HCG Diet

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This may not be the most glamorous topic to blog on...but here goes.

During your initial consultation, when I ask the question “What is your normal bowel pattern like?”, occasionally I get a raised eyebrow!

We know that on a very low calorie diet stools may become firmer, and less frequent. This can lead to bloating, back pain and fatigue. If you are starting the Hcg Diet with constipation as an issue, then a strategy needs to be started to prevent it from getting out of control.

We encourage all participants to drink a lot of water, but this is not always enough. The diet does allow 2 specific portions of fruit per day, and this does help. But for many people, the addition of a fiber supplement is very beneficial to maintain regular healthy bowel movements. That source of fiber must be low calorie, or preferably calorie free.

One readily available option “over the counter” is **sugar free Metamucil**. Metamucil is derived from psyllium, a natural source of fiber that is not absorbed. Psyllium is also available in its raw form in some health food stores.

I recommend **Fiber Plex**, a grain free solution. These fiber pills are made by Douglas Laboratories in the US, and are sold at Omaha Med Spa. The dose is 1 to 4 per day. Dose is adjusted based on individual need. Your goal should be a bowel movement every day, or every other day.



Regardless of the source of fiber selected, an undesirable and unavoidable side effect is increased production of flatus (gas).

If you go 3 days without a bowel movement, then taking additional fiber is not enough – you need a laxative to get some relief. A good choice is Sennosides, also derived from a natural plant source, and sold under the name “**Senekot**”, or generic equivalent, and available without a prescription.

Senekot works in 6-12 hours, so if there is no “result” in 12 hours, then repeat the dose. Senekot comes in a variety of formats – make sure it is calorie free, and follow the dosing directions.

If Senekot does not work, then you need to go to the “big guns”. I suggest Magnesium Citrate, or **CitroMag** – sold in a bottle – look for the sugar free form. Chill and guzzle – this stuff does not taste pretty – so the faster the better! Dose is 1/2 to one bottle (bottle is 300mL). If that does not work within 12 hours, call the doctor.

If you are having abdominal pain with fever, then see a doctor immediately, as something more serious may be going on (such as appendicitis or diverticulitis).

Other **preventative products** include:

Miralax - basically a synthetic alternative to Metamucil, Miralax contains PEG (polyethylene glycol)

Colace (docusate) – softens the stool, and may be combined with use of fiber, Metamucil or Miralax

Citrucel – contains methylcellulose – AKA more fiber

Other **laxatives** include:

- IsaCalm from Isagenix
- Milk of Magnesia (Magnesium Hydroxide)
- Laxative Herbal Tea: “Smooth Move” or another tea that contains **senna**
- Glycerin Suppositories
- Dulcolax Pills or Suppositories (Bisacodyl), Cascara and Castor Oil
- Dynamite – just kidding!



If you have impairment of kidney (renal) function, then check with a doctor before taking any laxative. If you are not improving, then seek medical attention.



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For more information contact hCG Diet Canada
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