

PSYLLIUM INSTRUCTIONS

What is Psyllium?

Psyllium (examples of brand names include Konsyl-D, Metamucil, etc.) is a natural source of pure fiber. The powder is made up of the husks of seeds from the psyllium plant. It is not important which brand you choose, however, always purchase unflavored psyllium. Flavored psyllium contains only one-third as much of the active ingredient as the unflavored. The recommended dose of fiber from all sources is 20 to 38 grams per day for adults.

Psyllium powder mixes with food in the intestine and soaks up water to add bulk to the stool. This should prevent constipation or straining. Be sure to mix it with plenty of water or fruit juice. Drink additional water. The typical adult in good health should drink from two to three liters (quarts) of water per day.

Taking Psyllium:

Always mix the psyllium powder with at least 16 ounces of water or juice. Gradually increase the amount of psyllium as tolerated according to the following schedule.

1. First Week: 1 rounded teaspoon daily 3.5 grams/day
2. Second Week: 1 rounded teaspoon twice a day 7 grams/day
3. Third Week: 2 rounded teaspoons twice a day 14 grams/day
4. Fourth Week and for the rest of your life: 1 Tablespoon twice a day 20 grams/day

Before Taking Psyllium:

- Tell your doctor if you are allergic to psyllium or other drugs.
- Tell your doctor what prescriptions and nonprescription medications you are taking. Do not take digoxin (Lanoxin), salicylates (aspirin), nitrofurantoin (macrodantin, Furadantin, Macrobid) within 3 hours of taking psyllium.
- Tell your doctor if you have or have ever had diabetes mellitus, heart disease, high blood pressure, kidney disease, rectal bleeding, intestinal blockage, or difficulty swallowing.
- Tell your doctor if you are pregnant, plan to become pregnant, or are breast feeding. If you become pregnant while taking psyllium, call your doctor.
- Tell your doctor if you are on a low-sugar or low-sodium diet.
- Be careful not to breathe in the psyllium powder when mixing the dose. It may cause allergic reactions when accidentally inhaled.