

Bathroom Backup Checklist

A simple prep guide for hydration, fiber, movement, and gentle relief when things slow down.



1 Hydration Basics

- 64–80 oz fluids daily
- Sip steadily through the day
- Use reminders if thirst is low

2 Movement Support

- Walk 20–30 minutes daily
- Light stretching or yoga helps
- Supports gut motility



3 Fiber Basics

- Aim for 25–38 g daily
- Try berries, lentils, oats
- Increase slowly over 2–3 weeks

4 Psyllium Support

- Helpful if food fiber falls short
- Always take with a full glass of water
- Go slow to avoid bloating



5 Magnesium Support

- Osmotic magnesium may help
- Can soften stool by drawing in water
- Ask your clinician first



6 Gentle Relief Options

- PEG 3350: gentle first-line option
- Predictable and not habit-forming
- Stool softeners: milder support



7 When to Call Your Clinician

- Urgent: severe pain or persistent vomiting
- Urgent: rectal bleeding or unable to pass gas
- Routine consult: no bowel movement for 3+ days
- Routine consult: or symptoms last over 1 week



This guide is educational and general in nature. It is not medical advice and does not replace individualized care from your prescriber, registered dietitian, or pharmacist. GLP-1 medications carry a small but real risk of slowed bowel motility or obstruction, which is why the warning signs above matter — don't wait them out if something feels off. Osmotic options like PEG 3350 are generally fine for short-term or occasional use; talk with your clinician before using any laxative on a regular, ongoing basis.