

Understanding **LAXATIVES**

Common medications: Miralax (polyethylene glycol), Senna/Senokot, Dulcolax Tablet/Suppository

How will these medication help

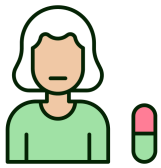


- > Constipation is common with serious illnesses
- > It is very important that if pain medications (opioids) are being taken that a laxative is used every day (do not take if having diarrhea)

Constipation aggravated by:

- > Pain medications
- > Being in bed and less active
- > Change in diet

How to take

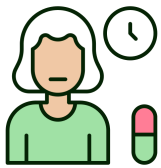


Most laxatives are taken by mouth, Dulcolax Suppository are taken rectally

For over-the-counter medications, follow the package instructions or as directed by Hospice Team

Most of these medications are over-the-counter

When will it work



Laxatives may take up to an hour or more to work

Common side effects

- › Very few with these medications
- › May cause cramping pain
- › May cause too many bowel movements or diarrhea

When to **Call Hospice**

- › Moderate or severe abdominal pain
- › No bowel movement after second dose
- › Rectal bleeding seen in toilet bowl