

Understanding **LAXATIVES**

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

How will these medication help

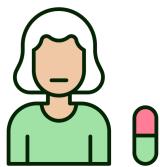


- › Constipation is common with serious illnesses
- › It is very important that if pain medications(opioids) are being taken that a laxative is used every day (do not take if having diarrhea)

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