

# CONSTIPATION

Diet/ Lifestyle Modifications

**Senna-S**  
2 tablets at bedtime

If no bowel movement for 1 day

Increase Senna-S  
2-3 tablets 2-3 times daily

If no bowel movement for 1 day

**Laxative:**  
**Miralax-** 17 grams in 8 oz water 1-2 times daily (works in 24-72 hours)  
**Milk of magnesia-** 2-4 tablespoonsful once daily (works in 6-12 hours)  
**Magnesium Citrate-** 8 oz daily (works in 0.5-3 hours)

If no bowel movement for 2 days

**Dulcolax suppository**  
1 suppository rectally daily to twice daily

**Dulcolax tablets**  
5 mg – 15 mg once daily

If no bowel movement for 1 day

Use a different laxative from above

\* Laxatives may cause abdominal cramping \*\* Call your physician in you do not have a bowel movement in 7 days