

# CONSTIPATION

(ISS MED/3A - ALL/FIN)

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## TREATMENT

DRUG HELP
1. In all cases, fluid intake should be increased to ensure adequate hydration.
2. Dulcolax and Senade work as bowel stimulants to enhance movement. For Dulcolax, bowel movement usually follows 6 hours after taking two tablets, or 8 --- 12 hours after if taken at bedtime. Dulcolax suppository usually produces results 15 minutes to 1 hour after insertion. Use if hydration and Dulcolax tablets or Milk of Magnesia fail. For Senade, bowel movement follows 6 --- 8 hours after taking 1 tablet at bedtime.
3. Milk of Magnesia draws water into the bowel to soften stools and usually works within 30 minutes to 6 hours. Use as a second step after hydration in place of Dulcolax if desired.
4. If constipation continues as a chronic problem, discuss with Surgeon possible dietary alterations.

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Dulcolax, Oral (Bisacodyl) (P1-B12)

Dose: 2-3 tablets as needed for constipation

Possible side effects  
Abdominal cramps

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Dulcolax Suppositories (Bisacodyl) (P4-B1)

Dose: 1 suppository as needed for constipation

Possible side effects  
Abdominal cramps

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Senade (Senedexine) - Oral bowel stimulant

Dose: 1 tablet at night

Possible side effects  
Abdominal cramping, nausea, vomiting, discoloration of urine, rarely skin rash

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Milk of Magnesia (P2-A1)

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Dose: 4-8 tablets followed by 240 ml (8 oz) liquid during presleep period