

## **CONSTIPATION MANAGEMENT**

### **For Constipation from chemotherapy or pain medication take:**

Senokot-S: Take 2 tablets up to three times daily (adjust dosage if stools become loose or you develop diarrhea). Begin with a minimum of 2 tablets before bed.

### **If no bowel movement in any 24-hour period:**

Add Miralax (generic polyethylene glycol) daily as per package instructions.

Miralax can be used as maintenance for avoiding constipation in addition to assisting with resolving constipation.

### **If no bowel movement in any 48-hour period:**

Add one of the following to Senekot and Miralax:

- Milk of Magnesia 1-2 ounces
- Magnesium Citrate 8 ounces – May repeat in 6 hours

If you have no results or are having severe abdominal pain or cramping, please contact your physician.

All of the above listed drugs are available at your pharmacy and do not require a physician prescription.