



Montana Cancer Center

CONSTIPATION MANAGEMENT

Start with:

Senokot-S: 2 tabs by mouth at bedtime

If no bowel movement in any 24-hour period:

Senokot-S: 2 to 4 tabs by mouth twice or three times daily.

If no bowel movement in any 48-hour period:

Add Dulcolax: 2-3 tabs by mouth twice or three times daily.

If no bowel movement in any 72-hour period:

Increase Senokot-S and Dulcolax daily dose and add one of the following:

Milk of Magnesia 1-2 ounces

Magnesium citrate 8oz by mouth

Lactulose by mouth (prescription) 1-2 ounces

If no results, contact physician.

LAXATIVES

Dulcolax Tablets (bisacodyl) 5 mg

Milk of Magnesia-5m1= Na 1.9 mg, Mg 167 mg

Purified H₂O

Mg Hydroxide 400 mg

Lactulose Syrup (10 mg lactulose per mL)

In 8 oz, 16 oz, and 32 oz bottles (prescription).

Magnesium citrate 8 oz.

Senokot-S Tablets (standardized senna concentrate and docusate sodium).

Each tablet contains 8.6 mg sennosides + 50 mg docusate sodium