Treating Constipation at Home

Senna

2 tablets or 10ml of syrup at bedtime

AND

Diet and Lifestyle Modifications

- Increase fiber intake (fruits, vegetables, and cereals)
- Increase fluid intake, if possible
- Increase activity/exercise
- Toilet regularly (don't hold it if you feel the urge)

If no bowel movement for 1 day

Increase Senna

2-3 tablets, 2-3 times daily or 10ml of syrup 2-3 times daily

If no bowel movement for 1 day

Laxative

- **Polyethylene Glycol** – 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)

Note: Laxatives may cause abdominal cramping.

If no bowel movement for 2 days

Bisacodyl Suppository

1 suppository rectally daily to twice daily

Bisacodyl Tablets

5 mg – 15 mg once daily

If no bowel movement for 1 day

Use a different laxative from above

Note: Colace has been shown to not be effective for treating constipation. See https://www.pallimed.org/2018/08/does-colace-docusate-work-for.html

Call your physician if you do not have a bowel movement in 5 days.