CONSTITUTION

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 if you do not have a bowel movement in 7 days