

CONSTIPATION THERAPY

CATEGORY	STRENGTH	DOSE	COMMENTS
stool softeners			
docusate calcium (Surfak)	60, 240	qd-bid	more expensive than DSS
docusate sodium [DSS] (Colace)	100, 250	qd-bid	liquid+syrup are different strengths
osmotic agents			
lactulose (Chronulac)	15-60ml	qd-bid	also for hepatic encephalopathy
polyethylene glycol (Miralax)	17gm	qd	no more effective more than 1/day
sorbitol 70%	15-30ml	qd-bid	OTC,
stimulants			
bisacodyl (Dulcolax)	5mg	qd	also available as a suppository
casarea sagrada	5-15ml	qd	used with MOM, liquid, tablet
castor oil (Neoloid)	15-60ml	qd	aspiration risk w/elderly
senna (Senokot, Ex-Lax)	-	qd-bid	tablets, granules, syrup
saline			
citrate of magnesia (Citroma)	120-240	qd	bowel evacuant
milk of magnesia [MOM]	15-60ml	qd	tablet, suspension
sodium phosphates (Fleets)	-	qd	bowel evacuant, tablet, enema
bulk agents			
methylcellulose (Citrucel)	5-30ml	qd	easier to swallow than psyllium
psyllium (Metamucil, Fiberall)	5-30ml	qd	also, available as a tablet/wafer
Wheat dextrin (Benefiber)	5-30ml	qd	Easier to swallow
chloride channel activator			
Lubiprostone (Amitiza)	24mcg	qd	Small gelatin capsule
lubricant			
glycerin suppository	-	qd	no overuse issues
mineral oil (Kondrumel)	15-34ml	qd	approved for fecal impaction
combination therapy			
casanthranol + docusate Na/K (PeriColace/GeriCare)	1-2	qd-bid	Capsule
senna + DSS (Senokot-S)	1-2	qd-bid	Capsule
miscellaneous			
Misoprostol (Cytotec)	100-200	qd-qid	increases mucous production
Glucosidase inhibitors (Glyset, Precose)		qd-bid	Diarrhea side effect
Lipase inhibitor (Alli, Xenical)		qd	Diarrhea side effect
Colchicine			Continue dosing until diarrhea