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Laxatives

Classification and Dosage of Common Laxatives

Type	Function/ comments	Generic Name	Brand	Dosage
Bulk (also known as Fiber Supplements)	Increases stool volume	Psyllium- natural	Metamucil, Konsyl	1 tsp. up to three times a day
		Methylcellulose	Citrucel	
		Calcium polycarbophil	Fibercon	2-4 tablets a day
Osmotic / Hyperosmotic	Decreases absorption of fluids and electrolytes from intestine Should not be used with a sodium restricted diet with kidney problems or high blood pressure	Magnesium	Milk of Magnesia	1-2 Tbs. a day
		Sodium phosphate	Fleet Phosphasoda	8-16 oz. a day
		Lactulose	Chronulac	1-2 Tbs. a day
		Sorbitol	Generic	1-2 Tbs. a day
		Polyethylene glycol	Golytely, Miralax	8-32 oz. a day
		Glycerin suppository	Generic	Up to daily
Emollient	Contains stool lubricant or softener to reduce straining	Docusate sodium	Colace	100 mg twice a day
		Docusate calcium	Surfak	240 mg a day
		Mineral oil	Generic	1-3 Tbs. a day
Stimulant	Works as intestinal irritant - use with caution as it can cause dependence by decreasing bowel tone and sensation	Bisacodyl	Dulcolax	5-15 mg a day
		Anthraquinones - Senna	Senekot	2 tablets a day
		Docusate/casanthranol	Pericolace, ExLax	1-2 tablets a day
		Cascara	Generic	1 tsp. at bedtime