

Medication Information Card

Stimulant Laxative

Other names for this medication

Bisacodyl:

Correctol[®]

Dulcolax[®]

Feen-A-Mint[®]

Sennoside:

Ex-Lax[®]

Glysennid[®]

Senokot[®]

Cascara:

Cascara Sagrada

Castor Oil:

Neoloid[®]

There are many other names for this medication.

How this medication is used

This medication helps muscles move stool through your bowels. It may take 6 to 12 hours before you have a bowel movement after taking tablets or liquids. Suppositories work within 15 minutes. Castor oil may work in 2 to 6 hours.

How to take this medication

You should not take a stimulant laxative regularly, unless directed by your health care provider.

It is best to take this medication at bedtime so that you will have a bowel movement the next morning.

Tablets: Avoid taking tablets within 2 hours of other medications because they may affect how other medications work.

Bisacodyl: Swallow whole. Do not crush, break or chew. Do not have milk or antacids 1 hour before or after taking Bisacodyl.

Castor oil: Take in the morning as it works fast. It will taste better if you chill it for 1 hour then stir into a glass of juice and drink.

If you have taken a stimulant laxative for 2 to 3 days and have not had a bowel movement, call your health care provider.

To avoid constipation, eat food high in fibre, drink 6 to 8 glasses of liquid each day and exercise regularly. Food high in fibre includes whole grain products, vegetables and fruit.

If you have heart or kidney disease, follow your health care provider's advice about the amount of liquid to drink.

While taking this medication you may notice

- bloating
- mild stomach cramps
- diarrhea
- gas
- pink or red coloured urine

Contact your health care provider if you notice

- confusion
- unusual tiredness or weakness
- an irregular heartbeat
- severe stomach or muscle cramps