

Medication Information Card - for Renal Patients

Docusate Sodium

(Dock – you – sate Soo – dee – um)

Other names for this medication

Colace[®]
PMS-Docusate Sodium[®]
Selax[®]
Colax-S[®]
Regulex[®]
Soflax[®]

How this medication is used

This medication helps prevent constipation. It is called a stool softener. Renal patients may have constipation for many reasons such as fluid restriction, medications and decreased activity level. Stool softeners help you have soft stools that are easy to pass. This allows you to have a bowel movement without straining.

It may take 1 to 3 days before your stools become softer. In some people, it may take longer.

How to take this medication

Take this medication regularly to prevent constipation. This medication comes in capsule or liquid form. Take this medication with a small amount of water. Count this fluid in your daily fluid allowance. It is important to eat foods with fibre as provided in your renal diet and exercise regularly.

While taking this medication you may notice

- stomach cramps

Keep track of your bowel movements. Do not take this medication if you have diarrhea.

Contact your doctor if you notice

- severe stomach cramps
- nausea or vomiting
- skin rash
- continued diarrhea even after you stop taking the medication