

UNDERSTANDING MIRALAX® AND OTHER CONSTIPATION TREATMENTS

BRAND NAME	GENERIC NAME	INDICATION	HOW IT WORKS	CONSIDERATIONS
MiraLAX OTC	<u>Osmotic:</u> Polyethylene glycol 3350	Occasional Constipation	<ul style="list-style-type: none"> Relieves occasional constipation by drawing water into the bowel from surrounding body tissues. This provides softer stools and increases the frequency of bowel movements Provides both stool softening and laxative effects¹⁻⁹ Generally produces a bowel movement in 1-3 days. Many get relief in 1 day 	<ul style="list-style-type: none"> Unlikely to cause harsh side effects Proven safe and effective in elderly patients¹ No known drug-drug interactions⁴ One of only 2 laxatives with a Grade A recommendation from the American College of Gastroenterology^{10*} Do not use if you have kidney disease except under the advice and supervision of a doctor
Dulcolax® Correctol® Ex-Lax® Senokot®	<u>Stimulant:</u> Bisacodyl Sennosides	Occasional Constipation	<ul style="list-style-type: none"> Stimulates the walls of the intestine, causing the muscles to contract and clear the bowel Generally produces a bowel movement in 6-12 hours 	<ul style="list-style-type: none"> Can cause stomach discomfort, faintness, cramps, sudden urgent bowel movement Do not use Bisacodyl within 1 hour after taking an antacid or milk Sennosides may affect how other drugs work. Should be taken 2 hours before or after other drugs
Metamucil®	<u>Bulk-Forming (Fiber):</u> Psyllium Husk	Occasional Constipation	<ul style="list-style-type: none"> Softens and increases the bulk of digested food, making it easier for waste to travel through and leave the body Generally produces effect in 12-72 hours 	<ul style="list-style-type: none"> Ferments in the intestine, which may cause gas and bloating May affect how well other medicines work. Take at least 2 hours before or 2 hours after prescribed medication
Colace® OTC	<u>Stool Softener:</u> Docusate Sodium	Occasional Constipation	<ul style="list-style-type: none"> Allows water and fats to get into the stool. This helps soften fecal material and makes defecation easier Generally produces bowel movement in 12-72 hours 	<ul style="list-style-type: none"> Does not force bowel movement
Phillips Milk of Magnesia®	<u>Saline:</u> Magnesium Hydroxide	Occasional Constipation	<ul style="list-style-type: none"> Pulls large amounts of water into the intestine, making stool soft and loose. Increased fluid causes pressure that stimulates contractions in the intestines Usually produces bowel movement in 1/2 to 6 hours 	<ul style="list-style-type: none"> Can produce urgent, loose stools Can remove electrolytes¹¹ May interact with certain prescription drugs Patients with kidney disease or amagnesium restricted diet need to consult their doctor before use
Kristalose®	<u>RxOsmotic:</u> Lactulose	Constipation	<ul style="list-style-type: none"> Draws fluid in to the colon, lowering pH and increasing bowel movements^{11,12} Generally produces a bowel movement in 1-2 days 	<ul style="list-style-type: none"> Potential significant side effects, including cramps, gas, diarrhea, nausea, and vomiting People who have diabetes or require a low-lactose diet should consult a physician^{12,13}



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