













Active ingredients (generic names)	<p>DOCUSATE (doc-u-sate) POLOXAMER (pol-ox-a-mer) DOCUSATE + SENNA (doc-u-sate + sen-na)</p>  <p>Other faeces softeners Not included in this monograph — see <i>AMH</i> for information:</p> <ul style="list-style-type: none">• Liquid paraffin
What it is used for	<ul style="list-style-type: none">• Constipation caused by some medicines<ul style="list-style-type: none">▸ Opioids▸ Palliative care medicines• Postnatal constipation• Preventing straining following rectal surgery and in acute perianal disease
How it works	<ul style="list-style-type: none">• Softens faeces by gathering moisture from body into bowels 
Side effects	<ul style="list-style-type: none">• Excessive loss of body salts (electrolytes) <div><p>Abdominal pain</p><p>Diarrhoea — if dose too high</p></div>

 <p>Warnings</p>	<ul style="list-style-type: none">• Use for short time only• Seek help with diet if constipated for a long time <div><p>Dehydration</p></div> <div><p>Medical consult if needed for more than one week</p></div>
<p>Tell the patient</p> 	<ul style="list-style-type: none">• Takes 1–3 days to work when taken orally, 5–20 minutes to work when given rectally <div><p>Children under 3 years — use poloxamer (Coloxyl Drops)</p></div> <div><p>Drink lots of water — helps stop constipation</p></div> <div><p>Return to clinic</p></div> <div><p>Eat healthy food — plenty of fruit and vegetables. Helps stop constipation</p></div>
<p>Check</p>	<ul style="list-style-type: none">• Check for cause of constipation