

Managing Constipation with Docusate Sodium (Senna-S)

Sometimes your bowel movements, called stools, can be hard. They may not happen as often as usual. This is called constipation.

Talk with your care team about any changes in your bowel movements. They can be important signs of your overall health.

Pain medicines can give you constipation. If you are taking pain medicines, ask your care team if you should take medicine to soften your stools.

You don't need a prescription to get a stool softener that works well. Many doctors recommend docusate sodium.

Senna-S is one brand of docusate sodium. There are many other brands. You can get them at any drugstore.

Taking Senna-S can help you have at least one bowel movement every other day.

How to Take Senna-S

- Take Senna-S by mouth with a full glass of water. Take one pill in the morning and another one at night. You can take Senna-S with or without food.
- If you haven't had a bowel movement within 3 days after starting to take Senna-S, call your care team.

Side Effects

Senna-S can cause these problems:

- Cramping and soreness in your belly
- Watery bowel movements called diarrhea

Usually, the cramps and diarrhea go away by themselves in a short time. Call your care team if they do not get better within 24 hours.

Important Tips When Using Senna-S

- You need to drink 6–8 full glasses of water each day while taking Senna-S.
- Stop taking Senna-S when you stop taking pain medicines.
- Talk with your care team before you change how much Senna-S you take or how often you take it.