



# Stool Softeners and Laxatives

## Stool Softeners

Name	Colace
What is it for?	Softens stool and avoids constipation.
How do I take it?	Pill taken by mouth with fluids daily or as prescribed by doctor.
Problems	Stool may become too soft and your dose needs to be modified.

## Laxatives

Name	Milk of Magnesia and Senokot
What is it for?	Helps the stool move through the bowel.
How do I take it?	Pill taken by mouth at night, the day before your bowel treatment.
Problems	May cause stomach cramps, gas, and nausea.

Name	Lactulose
What is it for?	Helps the stool move through the bowel.
How do I take it?	Liquid taken by mouth as ordered by your doctor.
Problems	May cause stomach cramps, gas, and nausea.

## Suppositories

Name	Dulcolax suppository, Magic Bullet, Glycerine
What is it for?	Causes contractions that move stool out of the rectum.
How do I take it?	Insert into your anus while lying on your left side just before your bowel treatment.  If there is stool present in the lower bowel, gently remove stool before inserting suppository. If this is not done the suppository will sit in stool and does not work.
Problems	Stool may become too loose.

### **Contact your Nurse or Doctor for more information.**

Created by: Sharon Ryan	Updated: 2011-03-01
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## Anesthetic Ointment

Name	Xylocaine Jelly, Lidocaine Jelly
What is it for?	Prevents autonomic dysreflexia symptoms from occurring during bowel treatment by controlling pain.
How do I take it?	Insert small amount, about the size of a quarter, into anus with gloved finger 5-10 minutes before inserting suppository and starting bowel treatment
Problems	Burning sensation or swelling of the skin

Notes: \_\_\_\_\_  
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