

# Laxatives

## Osmotic Laxatives

Osmotic laxatives are a type of laxatives used for treating constipation. In the intestine, osmotic agents pull water from the surrounding tissues using a process known as osmosis. Excess moisture in the intestine results in softer stools that are easier to pass.

Name	Active Ingredient	Form
Miralax	Polyethylene glycol 3350	Powder
Magnesium Citrate	Magnesium citrate	Gummy, powder, liquid
Colace	Docusate sodium	Capsule, liquid
Dulcolax soft chews	Magnesium hydroxide	Soft chew
Milk of Magnesia	Magnesium hydroxide	Liquid, chewable
Pedialax	Magnesium hydroxide	Tablet
Lactulose	Synthetic disaccharide	Pill, liquid (prescription)

## Spasmodic/Stimulant Laxatives

Stimulant laxatives trigger the intestines to contract and push out the stool.

Name	Active Ingredient	Form
Ex lax	Sennosides	Pills, chocolate squares
Senna	Sennosides	Herbal Tea, powder
Dulcolax	Bisacodyl	Capsule, suppository, soft chews
Smooth move	Senna, licorice, fennel fruit, ginger	Herbal tea
Senokot	Senna leaf powder extract	Gummy, tablet, tea
Castor oil	Castor oil	Liquid

## Laxatives that work as both osmotic and spasmodic

Stimulant laxatives trigger the intestines to contract and push out the stool.

Name	Active Ingredient	Form
Colace 2-in-1	Sennosides + Docusate sodium	tablets
Senokot S	Sennosides + Docusate sodium	tablets

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Disclaimer: This information is for general education. Please work with your healthcare practitioner to use it in the best way possible to promote your health and happiness.



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