## UNDERSTANDING MIRALAX® AND OTHER OTC CONSTIPATION TREATMENTS

<table>
<thead>
<tr>
<th>BRAND NAME</th>
<th>TYPE/ GENERIC NAME</th>
<th>INDICATION</th>
<th>HOW IT WORKS</th>
<th>CONSIDERATIONS</th>
</tr>
</thead>
</table>
| MiraLAX    | Osmotic: Polyethylene glycol 3350 | Occasional Constipation | - Relieves occasional constipation by attracting water in the colon to ease, hydrate and soften stool to increase the frequency of bowel movements  
- Provides both stool softening and laxative effects  
- Generally produces a bowel movement in 1-3 days. Many get relief in 1 day |  
- Will not cause harsh side effects such as gas, bloating, cramping and sudden urgency  
- Proven safe in patients including elderly  
- No known clinically relevant drug-drug interactions  
- One of only 2 laxative active ingredients with a Grade A recommendation from the American College of Gastroenterology  
- Do not use if you have kidney disease except under the advice and supervision of a doctor |
| Dulcolax®  | Stimulant: Bisacodyl, Sennosides | Occasional Constipation | - Stimulates the walls of the intestine, causing the muscles to contract and clear the bowel  
- Generally produces a bowel movement in 6-12 hours |  
- Stimulant laxatives can cause cramps and sudden, urgent bowel movements  
- 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® | Bulk-Forming (Fiber): Psyllium Husk | Occasional Constipation | - 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 |  
- Can ferment 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®, Phillips® Stool Softener | Stool Softener: Docusate Sodium | Occasional Constipation | - 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 |  
- Does not force bowel movement |
| Phillips Milk of Magnesia® | Saline: Magnesium Hydroxide | Occasional Constipation | - Draws water into the intestine leading to a bowel movement  
- Relieves a range of symptoms, including occasional constipation, heartburn, indigestion, and upset stomach  
- Usually produces bowel movement in 1/2 to 6 hours |  
- Offers cramp-free, gentle relief without harsh stimulants.  
- The only overnight relief liquid with an ingredient that’s easy on your digestive system  
- Patients with kidney disease, a magnesium restricted diet or taking prescription drugs need to consult their doctor before use |