

Medications That Can Help Manage Constipation

When a healthy diet is not enough to ease constipation, sometimes your child might need to use medication. There are at least 5 types of medication that your child's doctor might recommend. Each type of medication eases constipation differently.

Please talk with your child's doctor before starting a medication.

MEDICATION	EFFECT ON THE BODY
Benefiber®	Keeps your stomach and intestines healthy
Metamucil®	Makes passing stool happen regularly
Citrucel®	
Colace® (also called ducosate)	Softens stool, making it easier to pass
Mineral oil	Coats your intestines to help stool move more easily through your intestines
Senna	Moves stool faster through your intestines
Dulcolax®	
ex-lax®	
MiraLAX® (also called polyethylene glycol)	Waters down stool
milk of magnesia	
lactulose	

MGH and MGHfC do not endorse any of the brands on this handout. This document is intended to provide health related information so that you may be better informed. It is not a substitute for a doctor's medical advice and should not be relied upon for treatment for specific medical conditions.

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