

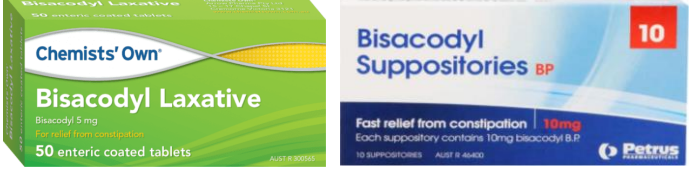











Medication	Brands
<p>Docosate Sodium (e.g. Coloxyl[®]): This medication adds water to your stool (poo) to make it 'soft' and does not cause cramping. The tablets are light pink in colour, depending on the strength of the tablet.</p> <p>This medication also exists as a combination with senna (e.g. Coloxyl with Senna[®]) however this is not recommended especially during pregnancy and it can cause cramping.</p>	
<p>Senna (e.g. Senokot[®]): This medication is a stimulant laxative, where it stimulates the intestine muscles to push the stool (poo) out. It can cause some cramping and the tablets are often brown in colour</p>	
<p>Bisacodyl (e.g. Dulcolax[®]): This medication is a stimulant laxative, where it stimulates the intestine muscles to push the stool (poo) out. It can cause some cramping and is available as a suppository (rectal insertion) as well as a tablet.</p>	
<p>Polyethylene Glycol (PEG) or Macrogol (e.g. Movicol[®] or Osmolax[®]): This medication is a laxative that takes water from the body to soften the stool (poo) which makes it easier to pass. It can be combined with electrolytes (Movicol[®]) or without (Osmolax[®]) and come in sachets of powder which need to be mixed with water for drinking</p>	
<p>Lactulose (e.g. Actilax[®]): This medication is a laxative syrup that takes water from the body to help soften the stool (poo) and make it easier to pass.</p>	
<p>Medications</p>	<p>Brands</p>

<p>Saline Laxatives Enemas (Microlax[®], Fleet[®]) These medications contain different ingredients which are used as an enema (rectal insertion) to stimulate a laxative effect. They are usually used occasionally and under medical advice.</p>	
<p>Glycerol Suppositories[®] Also known as glycerin, this medication is used as a suppository (rectal insertion) to draw water into the stool (poo) and stimulate bowel movement.</p>	
<p>Senna with fruit laxatives (e.g. Nulax[®]) This medication is a combination of senna with different fruit laxatives, giving the combined effect of stimulant and added fibre to encourage bowel movements.</p>	
<p>Sodium Picosulfate (e.g. Picoprep[®], Picolax[®]) This medication is commonly known as a “bowel prep” which empties the bowel for certain procedures. It is also used under medical advice for constipation and is a sachet of powder mixed with water for drinking.</p>	

What should my stools look like? The Bristol Stool chart shows seven different types of stool. Bowel habits will be different for every person, but the most important thing is that your stools are soft and easy to pass (types 3 and 4).

Bristol Stool Chart

Type 1		Separate hard lumps, like nuts (hard to pass)
Type 2		Sausage-shaped but lumpy
Type 3		Like a sausage but with cracks on the surface
Type 4		Like a sausage or snake, smooth and soft
Type 5		Soft blobs with clear-cut edges
Type 6		Fluffy pieces with ragged edges, a mushy stool
Type 7		Watery, no solid pieces. Entirely Liquid

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