Managing Constipation
With Senna-S
Patient Education

Constipation is a common side effect of some pain medicines. If you are taking pain medicines, ask your doctor if you should take a stool softener.

Many stool softeners are available without a prescription. Huntsman Cancer Institute recommends most patients who are at risk for constipation use Senna-S. Other products that are available without a prescription include Miralax and milk of magnesia.

How Do I Take Senna-S?
• Take one Senna-S tablet by mouth twice a day, one in the morning and one at night. It can be taken with or without food.
• Call your doctor or pharmacist if no bowel movement occurs within 72 hours.

What Are the Side Effects of Senna-S?
These are common side effects of Senna-S:
• Abdominal cramping
• Abdominal discomfort
• Diarrhea
Call your doctor if any of these side effects becomes severe or does not go away.

Important Information
• Drink plenty of water while taking Senna-S.
• Stop taking Senna-S when you stop taking pain medicines.
• Talk with your health care provider before changing doses.
• Discuss changes in your bowel habits with your health care provider. Bowel function is an important part of your overall health.

What Is Senna-S?
Senna-S is a medicine to help keep your bowel movements regular. It is a combination of Docusate (also called Colace) and sennosides (also called Senna). Docusate is a stool softener that works by keeping water in your colon, creating softer stools. Senna is a laxative that helps move stool along in the intestines.

Taking Senna-S should help you have at least one bowel movement every other day.

Pain medicines often cause constipation.
Taking Senna-S, a stool softener, helps keep your bowel movements regular.

For more patient education information, call 1-888-424-2100 toll free or go to www.huntsmancancer.org
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