

Laxatives.

In the Colorectal and Pelvic Center at Children's Health, we recommend laxatives to prevent and manage constipation (difficulty pooping). Laxatives are medicines that cause your child to poop. There are many different types of laxatives. At our center, we use the laxative Senna (Ex-Lax).

Senna, sennosides (Ex-Lax):



Senna (Ex-Lax) is a plant-based product. It works by making the muscles of the bowel move. This will help your child poop. It usually takes 6-12 hours for your child to poop after the laxative is given. It is normal for your child to feel pain in their belly or feel like they are going to throw up. These symptoms should go away after your child has pooped.

Dosage forms:

You can buy Senna at your local drug store without a prescription. It is available in different dosage forms: chewable chocolate squares, tablets, and liquid. Your child's doctor and care team will help you decide which one to use, how much, and when your child should take it.

Different dosage forms of Senna:

Senna Liquid	Senna Liquid	Ex-Lax Chocolate Square	Ex-Lax Tablet	Ex-Lax Max Strength Tablet	Senna Tablet	Senokot Extra
176 mg/ 5 mL	8.8 mg/ 5 mL	15 mg	15 mg	25 mg	8.6 mg	17 mg