

# Newport Pain Management

Medical Corporation  
phone 949 759-8400 fax 949 759-5566



## LAXATIVE PROTOCOL

Many prescription medications can cause constipation. Bowel function is also affected by activity and diet. For example, regular doses of narcotic pain-relieving medication frequently cause constipation. A medication regimen that also includes use of a laxative is almost always required to prevent constipation.

A daily bowel regimen should be followed just as carefully as your doctor's other instructions. The overall goal is to have a bowel movement approximately every 1-3 day(s). Because responses vary, use the guidelines below to find a regimen that works best for you. If at any time the dosage of your pain-relieving medication is changed, you may also need to increase or decrease your daily dosage of laxative. See your doctor for a change in dose.

1. Take two Senokot-S tablets at bedtime.

If you do not have a bowel movement in the morning,  
2. Take two Senokot-S tablets after breakfast.

If you do not have a bowel movement by evening,  
3. Take three Senokot-S tablets at bedtime.

If you do not have a bowel movement in the morning,  
4. Take three Senokot-S tablets after breakfast.

If there is no bowel movement within 3 days after beginning this protocol, please consult your physician for additional instructions.

Once you start having bowel movements, use the two steps prior to your last one as your daily laxative protocol. For example, if you achieved a bowel movement after Step 4, use Steps 2 and 3 (that is, two Senokot-S tablets in the morning and three Senokot-S tablets at bedtime) as your daily regimen.

Remember, constipation is a common side effect of many medications. A daily bowel regimen helps to prevent this potentially troublesome side effect.

If you are unsure about what to do, please call your physician for advice.