<table>
<thead>
<tr>
<th>Name</th>
<th>Action</th>
<th>Composition</th>
<th>Dose</th>
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</table>
| Anthraquinone colonic stimulants | Directly stimulate peristalsis              | Cascara, Senna       | • Liquid  
• "Black and white" shakes  
• Tablets, granules, liquids  
• Activated by colonic bacteria  
• Requires 6–12 hours for onset  
• Dose: 34.4 mg sennosides in 1–3 doses/day |
| Diphenylmethane colonic stimulants | Directly stimulates peristalsis             | Bisacodyl            | • Onset:  
  Enteric coated: 6–12 hours  
  Rectal: 0.5–1 hour  
• Dose: 10–15 mg hs (5–20 mg qd · tid) |
| Osmotic laxatives             | Draw fluid into intestinal lumen leading to reduced transit time of semi-liquid stools | MgOH, MgSO₄, NaPO₄, Polysaccharides: Lactulose and Sorbitol | • Onset: 0.5–3 hours  
• Caution with CHF with Na compounds  
• Caution in chronic renal failure with Mg compounds  
• May cause flatulence  
• Sweet taste can be unpalatable  
• Onset: 24–48 hours  
• Dose: 15–30 mL bid or qid  
• Doses:  
  • Chronic constipation: 17 g and 8 oz water daily  
  Onset: 48–96 hours  
  • Accelerated Rx  
    68 g + 500 mL water  
    Onset: 14–24 hours  
  • Pre-procedure preparation  
    236 g in 4 L saline solution.  
    Onset: 1–4 hours |
| Lubricants                    | Lubricates stool for easier passage         | Mineral oil          | • Dose: 15–45 mL  
• Onset 6–8 hours  
• Useful for fecal impaction  
• Not recommended for chronic constipation:  
  • Irritation of peri-anal region  
  • Impairs absorption of fat-soluble vitamins  
  • Risk of aspiration lipoid pneumonia |
| Prokinetic agents             | Site of action: small intestine  
Dopamine antagonist + cholinergic agonist | Metaclopramide, Dromperidone | Add to laxative if constipation resistant to laxatives |