

# Senokot (senna) basics

**Relieves occasional constipation.** Senokot (senna) is gentle and effective for occasional constipation, but it can't be used as a long-term treatment.

## What to expect when starting

Here's when people typically experience benefits as well as some possible side effects. Your experience may be different.

|  | Hours | Days | Weeks | Months | Long term |
|--|-------|------|-------|--------|-----------|
| <b>Senokot (senna)</b><br>Drug effectiveness |       |      |       |        |           |
| <b>Possible side effects†</b>                | Hours | Days | Weeks | Months | Long term |
| <b>Stomach cramps</b>                        |       |      |       |        |           |
| <b>Diarrhea</b>                              |       |      |       |        |           |
| <b>Nausea</b>                                |       |      |       |        |           |
| <b>Vomiting</b>                              |       |      |       |        |           |

† Data on frequency of side effects is not available.

## Tips from pharmacists

- It's best to take Senokot (senna) at bedtime. You can expect to have a bowel movement the following morning.
- You may need to take a combination of different medicines if Senokot (senna) alone doesn't work for you.
- Eating high-fiber foods such as fruits and vegetables can help prevent constipation.
- Exercising and drinking plenty of fluids everyday can help you have more regular bowel movements.
- Certain prescription and over-the-counter medicines can increase the risk of constipation. Talk to your doctor or pharmacist about this concern.
- If you have trouble with swallowing pills, Senokot (senna) is also available in liquid and chewable tablet forms.

## Risks and warnings

Contact your doctor if you experience any of these.

### Bowel blockage

Talk to your doctor right away if you don't have a bowel movement after 1-2 days of using Senokot (senna) or if you notice bright red blood in your stool. You might have a blockage in your bowels that could lead to serious complications. Don't take Senokot (senna) if you have stomach pain, nausea, vomiting, or have experienced any sudden changes in your bowel movements lasting longer than 2 weeks.

### Laxative dependence

It is not recommended to use Senokot (senna) for more than a week because your body may become dependent on it. Talk to your doctor or pharmacist if you still do not have regular bowel movements after using Senokot (senna) for a week.