BCRenal
an agency of the Provincial Health Services Authority

Docusate Sodium

PHARMACY INFO SHEET

WHAT IT DOES:

Prevents constipation.

HOW IT WORKS:

Mixes with bowel contents to soften stool and make it easier for you to pass.

HOW TO TAKE IT:

Take as directed. Usually this is used to prevent constipation from occurring but may be also used as treatment in combination with a laxative. If you are only taking this once per day, it is often best taken at bedtime. Do not take with mineral oil laxatives.

WHAT TO DO IF YOU MISS A DOSE:

If you miss a dose, take the missed dose as soon as you remember. If you do not remember the missed dose until it is almost time for the next dose, just skip the missed dose. DO NOT DOUBLE YOUR DOSE OR TRY TO "CATCH UP" BY TAKING EXTRA DOSES.

POSSIBLE SIDE EFFECTS:

Uncommon but occasionally stomach cramps may occur. Should not cause diarrhea.

RELATION TO DIET:

Talk to your dietitian about ways to prevent constipation with your diet. Do not increase your intake of fruits and fruit juices without talking to your dietitian as most are high in potassium.

Use the space below to write down why you are taking this medication.