

What it does:

- Treats constipation
- May also treat problems caused by liver disease.

How it works:

- Pulls more water into your bowels. This makes your stool softer and easier to pass.

How to take it:

- This medication can be mixed with half a glass of water or fruit juice to improve the taste.
- Some people take it every day. Others take it only when they need it. Follow your doctor's instructions.
- Take this medication at least 1 hour before or after other medicines. This helps your body absorb your other medicines properly.
- Avoid taking this medication if you are following a lactose-free diet.
- Talk to your dietitian about ways to help reduce constipation. Do not increase your intake of fruit, vegetables, juices or bran without talking to your dietitian (due to potassium).
- If you miss a dose and remember within a few hours, take it when you remember. However, if you do not remember until the next day, skip the missed dose and go back to your regular schedule.

Possible side effects:

- Cramping, nausea, vomiting or diarrhea
- Gas or burping and loss of appetite

Contact your doctor if:

- you experience severe diarrhea or cramps.