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SEKOKOT-S Tablets 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 medications frequently cause constipation. A medication regimen that includes use of a laxative is almost always required to avoid 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 1-2 days. 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 laxatives. Call your doctor for a change in dose. **While on this protocol it is also important to drink 8 (8oz) glasses of water daily and to eat plenty of fiber to achieve optimum results.**

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 bowel movement in the morning)
4. Take **three** Senokot-S tablets after breakfast
(If there is no bowel movement within 48hrs after starting the protocol)
5. Add Milk of Magnesia after breakfast, while continuing to take **three** Senokot-S tablets in the morning and **three** Senokot-S tablets in the evening.
(If there is no bowel movement within 72hrs 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 in the evening) 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 our office at 405.470.6767.