

Laxatives.

At the Colorectal and Pelvic Center at Children’s Health, we often suggest giving your child laxatives to prevent and help with constipation (trouble pooping). Laxatives are medicines that cause your child to poop. There are many types of laxatives. At our center, we mostly use the laxative Senna (Ex-Lax).

Senna, sennosides (Ex-Lax):



Senna (Ex-Lax) is a plant-based product. It works by making the muscles of the bowel move. This will help your child poop. It usually takes 6–12 hours for your child to poop after they take the laxative. It is normal for your child to feel some cramping in their belly. These symptoms should go away after your child poops.

Forms of Senna:

You can buy Senna at your local drug store without a prescription. It is available in different forms like chewable chocolate squares, tablets, and liquid. Your child’s doctor and care team will help you choose the right form, figure out the right amount, and decide when your child should take it.

Different forms of Senna:

Senna Liquid	Ex-Lax Chocolate Square	Ex-Lax Tablet	Ex-Lax Max Strength Tablet	Senna Tablet	Senokot Extra
8.8 mg/ 5 mL	15 mg	15 mg	25 mg	8.6 mg	17 mg