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<td><strong>Bulk-forming laxatives</strong></td>
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| Guar gum (inulin) | Benefiber® | 2 tsp (3.5 g) powder, 3 times daily; or 3 tablets (3 g) 3 times daily | 12 - 2 hr | • Take with 8 ounces of water  
• Use with caution in fluid-restricted patients  
• Can interfere with absorption of some medications  
• May cause bloating or flatulence |
| Psyllium | Metamucil®  
Prodiem®  
Psyllium (generic) | 1 tbsp (3.4 g) powder  
1 - 4 times daily; or  
5 capsules (2.6 g) 1 - 4 times daily | 12 - 72 hr |   |
| **Osmotic laxatives** | | | | |
| Magnesium hydroxide | Milk of Magnesia® | 30 - 60 mL (2.4g - 4.8g) daily* | 30 min to 6 hr | • Abdominal cramping is common  
• Use with caution in patients with heart failure and/or chronic renal insufficiency |
| Magnesium citrate  
Sodium phosphate (Monobasic, Dibasic) | Citro-Mag®  
Fleet Phospho-Soda® | 300 mL for lavage  
20 - 45 mL daily (mix with 4 oz water, then following with 8 oz water) | 30 min to 6 hr |   |
| **Hyperosmotic laxatives** | | | | |
| Sorbitol | Sorbitol (generic) | 15 - 30 mL twice daily | 24 - 28 hr |   |
| Lactulose  
PEG 3350 | Laxilose®  
RestoraLax®  
Lax-a-Day® | 15 - 30 mL 1 - 3 times daily  
17 g daily* | 1 - 6 d |   |
| PEG 3350 + electrolytes | Colyte®  
GoLitely® | 4 L over 6 - 12 hrs | 30 min to 1 hr | • Commonly used prior to colonoscopy |
| Glycerin suppository | Glycerin (generic) | 1 suppository daily | 30 min to 1 hr |   |