

# Medication Information

## Stool Softener

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### Other names for this medication

Docosate Calcium:	Surfak <sup>®</sup>
Docosate Sodium:	Colace <sup>®</sup> Regulex <sup>®</sup> Soflax

There are many other names for this medication.

### How this medication is used

A stool softener helps you have a soft stool that is easy to pass. This allows you to have a bowel movement without straining. It helps prevent constipation. It may take 1 to 3 days before your stools become softer. In some people, it may take longer.

### How to take this medication

Take this medication regularly to prevent constipation.

Take this medication with a full glass of liquid. If you take the liquid preparation, you can add it to a glass of milk or juice to make it taste better.

Do not take products containing mineral oil such as Magnolax<sup>®</sup> or Agarol<sup>®</sup> within 2 hours of taking a stool softener.

It is also important to eat lots of fibre, drink 6 to 8 glasses of liquid each day and exercise regularly. Food high in fibre includes whole grain products, vegetables and fruit.

If stools become too loose, stop the medication until stool becomes firm.

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**Contact your health care provider if you notice**

- severe stomach cramps
- nausea or vomiting
- skin rash
- continued diarrhea even after you stop taking the medication