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### **Steps to treat constipation from opioids**

#### **First Step:**

Stop using fiber laxatives like Citrucel

Start using these over the counter medications

**Docusate** - stool softener- up to one tablet as needed  
three times daily

**Senna**- laxative- one to four tablets at once as needed  
nightly

Senna and Docusate may be taken either separately or together, depending upon you bowel needs. The use of these medications controls constipation 95% of the time.

#### **Second Step:**

If the above regimen is not effective, start one tablespoon of **unflavored mineral oil** orally each night. Be sure to take a multivitamin each morning to avoid fat-soluble vitamin deficiencies.

#### **Third Step:**

Weekly, as needed, **fleets enema**, regular or oil retention.