

Laxatives and Softeners

NOTE: All fibre laxatives must be taken at least 2 hours before or after your guaifenesin as the fibre will coat your guai preventing it from working properly.

- Bene fibre (100% natural vege fibre from chicory root) No fillers, sugar, artificial flavor, colors, or sweeteners. Clear mixing powder (green & yellow container) — Widely available
- Carter’s Little pills Laxative (bisacodyl 5 mg) (red box/ white print) — Walmart
- Dulcolax Bisacodyl tablets 5 mg, enteric coated tabs (yellow & green box) — Widely available
- Dulcolax Bisacodyl Suppositories 10 mg (white box/ red & black print) — Widely available
- Equate (Walmart brand) Orange flavor Fibre Laxative (psyllium hydrophilic mucilloid) Contains orange flavor, maltodextrin, sucrose. Powder form
- Equate (Walmart) “Docusate Calcium” stool softener, capsules (white box/ blue & red label)
- Exact (Superstore) natural souce fibre laxative, orange flavor (psyllium hydrophilic mucilloid) Powder or Capsules
- Fibre-sure (inulin fibre from chicory root) Clear mixing powder (blue container) — Walmart
- Glycerin Suppositories – various brands – all OK
- Lax A Day (laxative) Polyethylene Glycol 3350. Powder for Oral Solutions. — Various pharmacies
- Philip’s Milk of Magnesia Antacid & Laxative. Wild Cherry (flavor) — Superstore
- Prodiem Bulk Fibre Therapy Caplets (calcium polycarbophil) (yellow box/green label) — Walmart