**NZMA Pharmacy Level 5**

| **Laxatives** |
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| How do **Fibre/Bulk-forming** laxatives work? What is an example of one? | Action:  | Add bulk to the faeces by absorbing water into the gut, making the stool softer and easier to pass. The fibres swell or expand in the gut and activate the muscles in the gut to pass stools. |
| Active ingredient: | Psyllium husk |
| Example: | Metamucil |
| How long do they take to work:  | 1-3 days |
| How do **faecal softeners** work? What is an example of one? | Action: |  |
| Active ingredient: |  |
| Example:  | Coloxyl |
| How long do they take to work? |  |
| How do **osmotic** laxatives work? What is an example of one? | Action: | Draws water from the rest of the body into your bowel to soften poo and make it easier to pass. |
| Example: | Lactulose |
| Active ingredient: |  |
| How long do they take to work? |  |
| How do **stimulant** laxatives work? What is an example of one? | Action: |  |
| Example: | Senokot |
| Active ingredient: |  |
| How long do they take to work? |  |
| How do **enemas** work for constipation? What is an example of one? | Action: |  |
| Example: | Microlax |
| Active ingredient: |  |
| How long do they take to work? |  |
| What causes constipation?  |  |
| How can a person avoid getting constipated? |  |