

Dulcolax[®] Patient Constipation Discussion Guide

Before going to your next appointment, complete the following information:

Current prescription medications:

Current over-the-counter products/dietary supplements:

Family medical history:

Changes in your life (family/work/stress):

Recent bowel habits (record frequency and consistency):

Here are a few questions to help get the conversation started:

- Based on my current bowel habits, could I be constipated?
- Could any of the medications or supplements I am taking be contributing to my constipation?
- Would a laxative be appropriate in treating my constipation?
- If so, what type of laxative should I try? (*fiber, stool softener, overnight tablets, suppository or something else*)
- Is there any specific ingredient I should look for?
- How long can I safely take a laxative to relieve my constipation?
- What lifestyle changes can I make to help prevent constipation?

Notes on my visit:
