

# LAXATIVE OPTIONS FOR CHILDREN



**Liquid paraffin mixtures (liquid)**  
Makes it easy to pass stools

**Lactulose (liquid)**

Softens stools and stimulates bowel



**Docusate (tablet or drops)**  
Softens the stools

**Senna (tablet or granules)**

Stimulant laxative



**Bisacodyl (tablet or drops)**  
Stimulant laxative

**Suppositories and mini-enemas (small tablets or liquid)**

Placed into your child's rectum when they are severely constipated



**Magnesium hydroxide**  
Osmotic laxative

**Psyllium husk fiber**

Mild laxative for bulky stool



**Note:** Children should take laxatives only under medical supervision

## References

1. Constipation; The Royal Children's Hospital
2. Over-the-Counter Medications for Kids – Part 2: Constipation, Gas/Indigestion And Probiotics; Texas Children's Hospital