Type/Examples	TIME TO ACTION	COMMENTS
Bulk Forming Laxatives – *increase volume of stool dilating the intestinal wall and stimulating motility.*		
Metamucil, Citrucel	12-72 hours	Avoid in persons with poor fluid intake and in those on opiates as may worsen constipation.
Surfactant/Stool Softener – *increase water penetration, softening stool*		
ducosate sodium (Colace)	12-72 hours	May be helpful for persons with hard to pass stool. Use in combination with other type of laxative for persons on opiates.
Osmotic Laxatives – *create an osmotic gradient preventing water absorption in the small intestine*		
lactulose, sorbitol	24-48 hours	Use with caution in those with limited fluid intake as may cause dehydration.
glycerin suppository	15-30 minutes	Use if oral route is not sufficient as unpleasant for patient
magnesium citrate, magnesium hydroxide (Milk of Magnesia)	30 minutes to 3 hours	Use with caution in those with limited fluid intake as may cause dehydration.
sodium biphosphate (Fleet enema)	15 minutes	Use if oral route is not sufficient as unpleasant for patient
Stimulant Laxatives – *increase gastrointestinal motility*		
senna, bisacodyl (Dulcolax)	5-12 hours	May cause cramping, electrolyte imbalance and dehydration
Combination Laxatives		
senna-ducosate sodium (Senokot-S, Peri-Colace)	6-12 hours	