

What are laxatives?



- Laxatives are medicines that prevent and treat constipation by helping you have regular bowel motions (stools).

When do you need to take laxatives?



- If you are taking medicines that can cause constipation, our doctors, nurses and pharmacists will usually advise you to take regular laxatives.

Why do you need to take laxatives?



- It is better to prevent constipation from happening than having to manage it when it becomes a problem.

Constipation - *A Guide for Patients & Whaanau*



