

Colace  
(docusate sodium)

## THERAPEUTIC CLASS

Stool softener

## DEA CLASS

OTC

## ADULT DOSAGE & INDICATIONS

### Constipation

**Cap:**

**Usual:** 1-6 caps/day (50mg); 1-3 caps/day (100mg)

**Syrup:**

**Usual:** 1-6 tbsp/day or ud

## PEDIATRIC DOSAGE & INDICATIONS

### Constipation

**2-<12 Years:****Cap:**

**Usual:** 1-3 caps/day (50mg); 1 cap/day (100mg)

**Syrup:**

**Usual:** 1-2.5 tbsp/day or ud

**≥12 Years:****Cap:**

**Usual:** 1-6 caps/day (50mg); 1-3 caps/day (100mg)

**Syrup:**

**Usual:** 1-6 tbsp/day or ud

## ADMINISTRATION

Oral route

May be taken as a single daily dose or in divided doses

**Syrup**

Give in 6-8 oz of milk/fruit juice to prevent throat irritation

## HOW SUPPLIED

Cap: 50mg, 100mg; Syrup: 60mg/15mL [473mL]

## WARNINGS/PRECAUTIONS

Avoid use for >1 week. Caution with stomach pain, N/V, and sudden change in bowel habits that lasts over 2 weeks. D/C use if rectal bleeding occurs or fail to have bowel movement after therapy; these could be signs of a serious condition.

## ADVERSE REACTIONS

(Syrup) throat irritation.

## DRUG INTERACTIONS

Avoid concurrent use of mineral oil.

## PREGNANCY AND LACTATION

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Safety not known in pregnancy/nursing.

## MECHANISM OF ACTION

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Stool softener; allows water and fats to get into the stool which helps soften fecal material and makes defecation easier.

## ASSESSMENT

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Assess for stomach pain, N/V, sudden change in bowel habits that lasts over 2 weeks, use of mineral oil, and pregnancy/nursing status.

## MONITORING

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Monitor for rectal bleeding or failure to have a bowel movement after therapy.

## PATIENT COUNSELING

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Instruct not to use for >1 week and to avoid use with mineral oil unless directed by physician. Advise to d/c and consult physician if rectal bleeding occurs or fail to have a bowel movement after therapy. Keep out of reach of children.