

Category	Supplements	Description
Fiber supplements	<a href="#">Psyllium (Metamucil)</a>	Treats constipation by retaining water and adding bulk to stools.
	<a href="#">Fybogel (Isphghula husk)</a>	Contains Isphghula husk; commonly used to treat constipation.
	<a href="#">Benefiber</a>	Fiber supplements.
	<a href="#">Citrucel Fiber Caplets</a>	Fiber supplements.
OTC Laxatives	<a href="#">Miralax (Milk of Magnesia)</a>	Osmotic laxative that draws water into the gut.
	<b>Oral stool softeners (Colace, Surfak)</b>	Stool softeners.
	<b>Oral bowel stimulants (Dulcolax, Senokot)</b>	Enhance stool transit.
	<b>Rectal suppositories (Dulcolax, PediaLax)</b>	Stimulant laxatives.
Prescription Laxatives	<b>Lactulose (Duphalac, Enulose, Generlac)</b>	Osmotic laxative.
	<b>Linacotide (Linzess)</b>	Increases water content in stools by acting on intestinal epithelial cells.
	<b>Lubiprostone (Amitiza)</b>	Indicated for chronic constipation, IBS-C, and opioid-induced constipation.
	<b>Plecanatide (Trulance)</b>	Tablets that increase water content in stools.
	<b>Methylnaltrexone, Naloxegol, Naldemedine</b>	Drugs used specifically for treating opioid-induced constipation.
Other Considerations	<b>Avoid iron and calcium supplements</b>	These supplements can worsen constipation.

