

Classification		Substance	Indication	Speed of onset	Note	
Laxatives	bulk-forming	roughage	non-complicated constipation	cca 3 days	non-absorbable polysaccharide from seed covering of Indig plantain (psyllium)	
	similar substances agar,					
	need of sufficient hydration					
	well tolerable, non-toxic					
	osmotic	lactulose	constipation of various etiology, hepatic encephalopathy	2-3 days	semi-synthetic disaccharide (fructose+galaktose)	
					also for softening of faeces (hemorrhoids, surgery in colon and rectum)	
					carefully in patients with lactose intolerance	
	osmotic	macrogol	intestinal emptying before intervention	up to 1h	inert polymers of ethylene glycol	
					sometimes in combination with ions for prevention of dysbalance in form of water solution	
					preparation before colonoscopy	
	osmotic	sulphates (Mg, Na)	intestinal emptying before intervention	3-6h	saturation of sulphates active transport in the gut	
					are parts of laxative mineral waters (Šaratica, Zaječická hořká...)	
emollients	docusate sodium	rectal solution for cleaning of colon and rectum	up to 30 min p.r. 12-72h p.o.	surface active substance		
mild laxative effect						
causes decrease in faeces consistency, but not by retention of water						
similar substances: peanut oil, liquid paraffine						
stimulant	bisacodyl	short-term therapy of constipation	15-30 min. p.r. 8h p.o.	both per os and per rectum		
				increases gut peristalsy		
				inhibits absorption of water, natrium and glucose		
	picosulphate sodium	intestinal emptying before intervention/acute and for short time also chronic constipation	up to 1h/ 6-12h	similar substance docusate		
				inhibits resorption of water from gut and increases secretion of water and electrolytes to gut		
				for short time also in chronic constipation		
senna and anthraquinones	constipation resistant to fiber and osmotic laxatives	6-12h	examples: RMP Guttalax, Regulax and other			
			absorption, hepatic bioactivation to effective metabolite and elimination by bile to gut			
			direct stimulation of myenteric plexus			
blockade of resorption and in opposite stimulation of excretion of water and ions						
active substances sennosides						
similar substances also in rhubarb						
bioactivation by microflora of large intestine						
other	methylnaltrexone, naloxone, naloxegol	opioids induced constipation resistant to laxatives	immediate onset (i.v. administration)	peripheral antagonist of opioid μ receptors, similarly also naloxegol (PEGylated naloxone)		
				does not have laxative effect but prevents constipation caused opioids		
without effect on analgesic actions of opioids						
other	prucalopride	therapy of chronic constipation	improvement in the 1st week	5-HT4 agonist, prokinetic + increased propulsion of proximal part of colon		
				per os, second line drug		

long-term administration may lead to development of tolerance and dependence