Docusate (DOK-yoo-sate)

Docusate, also called Colace, is a stool softener. It is used to treat or prevent constipation.

How to Take This Medicine

- Your doctor will tell you how much of this medicine to use (dose and when to take it. Do not use more medicine than prescribed by your doctor.
- This medicine can be taken by mouth. Swallow the tablet or capsule whole.
- If you are taking the liquid form of this medicine, use a marked measuring spoon or oral syringe to get the correct dose. To make it taste better, you can mix it with a half glass of milk or fruit juice.
- Drink 6 to 8 glasses of water daily while using any laxative.
- **If you miss a dose,** take it as soon as you can. If it is almost time for your next dose, wait until then to use the medicine and skip the missed dose. Do not use extra medicine to make up for a missed dose.
- **Do not take this medicine longer than 1 week** unless told to do so by your doctor.

Do not take a stool softener within 2 hours before or after taking other medicines. Laxatives can keep other medicines from working correctly.

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When Taking Docusate

- Tell your doctor pharmacist what vitamins, herbs or supplements you are taking to avoid possible interactions with this medicine.
- Tell your doctor if you are pregnant or breastfeeding before taking this medicine.
- Tell your doctor if you have severe nausea, stomach pain or vomiting and do not know the cause, before taking this medicine.
- **Avoid taking mineral oil** when using a stool softener.
- Most stool softeners work in 1 to 2 days, but for some people it can be as long as 3 to 5 days.

Medicine Storage

Store the medicine in a tightly closed container at room temperature, away from heat and moisture. Keep medicine out of the reach of children.

Side Effects

Common side effects from this medicine include:

- Nausea
- Sore throat
- Abnormal taste in mouth, bitter
- Skin rash

**If you have severe nausea, stomach pain, or diarrhea** talk with your doctor.