Senna / Sennosides

Medication Information Leaflet

What is this medication for?

Senna / Sennosides is used to treat constipation. It usually takes 6 to 12 hours to work.

How should I take/use this medication?

- Do not stop taking your medication without checking with your healthcare professional.
- You may take this medication with food and water.
- Take this medication two hours before or after other medications. This medicine is best taken at bedtime.

What should I do if I forget to take/use this medication?

If you forget to take a dose, take it as soon as you remember. Then take your next dose at the usual time. Do not take two doses to make up for the missed dose.

What precautions should I take?

Inform your healthcare professional if:

- You are allergic to this medication or any of the other ingredients of this medication
- You are pregnant, planning to become pregnant, or breastfeeding
- You are taking any other medications, including supplements, traditional medications and herbal remedies.
- Inform your healthcare professional if you have or had a history of bowel obstruction.

What are some side-effects that I need to seek medical advice immediately?

Consult your healthcare professional if you have bleeding from the anus or blood in your stool or vomit.

The symptoms of a drug allergy include one or more of the following:

- Swollen face/eyes/lips/tongue
- Difficulty in breathing
- Itchy skin rashes over your whole body

If you experience any of these symptoms, you should stop your medication and see your healthcare professional immediately.

What are some other side-effects of this medication?

- Side effects of senna include stomach cramps, diarrhoea, nausea and vomiting.

Consult your healthcare professional if the symptoms do not go away or become bothersome.

What food or medication should I avoid when I take this medication?

Inform your healthcare professional if you are taking or intend to take any other medication, supplements, traditional medications or herbal remedies.

How should I store this medication?

Store in a cool and dry place, away from direct sunlight. Keep this medication away from children.

How should I throw away this medication safely?

Pack this medication into a black trash bag and seal it tightly before throwing into the rubbish chute or bin.

Disclaimers

If you take more than the recommended dose, please seek medical advice immediately. The information provided on this page does not replace information from your healthcare professional. Please consult your healthcare professional for more information.

This article is jointly developed by members of the National Medication Information workgroup. The workgroup consists of cluster partners (National Healthcare Group, National University Health System and SingHealth), community pharmacies (Guardian, Unity and Watsons) and Pharmaceutical Society of Singapore.

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