

## **SORBITOL**

### **WHAT IT DOES:**

Relieves constipation.

### **HOW IT WORKS:**

Pulls water into your bowel which helps increase bulk and cause muscle contraction of the intestines.

### **HOW TO TAKE IT:**

Take as directed. Your dose may change over time and you may only need to take this when needed.

### **WHAT TO DO IF YOU MISS A DOSE:**

If you are taking this regularly and miss a dose, take the missed dose as soon as you remember. If you do not remember the missed dose until it is almost time for the next dose, just skip the missed dose. **DO NOT DOUBLE YOUR DOSE OR TRY TO “CATCH UP” BY TAKING EXTRA DOSES.** If you are only taking this “as needed” then do not worry about “missed doses”.

### **POSSIBLE SIDE EFFECTS:**

Gas, belching, stomach discomfort due to bloating are common when first starting but usually go away with continued use. Inform your doctor if you are having diarrhea.

### **RELATION TO DIET:**

Talk to your dietitian about ways to prevent constipation with your diet. Do not increase your intake of fruits and fruit juices without talking to your dietitian as most are high in potassium.

### **WHY I AM TAKING THIS MEDICINE:**

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