Bulk-Forming Laxatives



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Mechanism of Action

Soluble Fibers
Soluble Fiber-box
Bulk-forming laxatives are a soluble fiber that work naturally by bulking and absorbing liquid into the stool, resulting in swollen, soft, and bulky stools. As a result, the patient can defecate easier with this regimen.

Retain Fluid
Water Retained
These laxatives help the stool to retain fluid, causing larger stools. The size of the stool helps to induce the contraction of the colon, resulting in stool moving out from the body much easier.

Indication

Constipation
Corked Con-toilet
Bulk-forming laxatives are the first-line treatment for constipation because they are the safest option among other laxatives. These laxatives can take around 1-3 days to work.

Drugs

Methylcellulose
Metal-cellphone
Methylcellulose is available as an over-the-counter laxative. Some brand names of methylcellulose are Citrucel, Citrucel Lax, and Citrucel SF.

Psyllium
Psyllium
The brand name of Psyllium is Metamucil. It's a widely used laxative in Asia, Europe, and North America.

Side Effect

Bloating
Bloated-balloon
Bloating is the sense of abdominal distention and gassiness that can occur as a side effect of bulk-forming laxatives, especially if patients drink less water. These occur due to the absorbing action of the stool but not having enough water to make the stool go out from the body.

Intestinal Obstruction
Intestinal-guy Obstructed
Intestinal obstruction can occur as a side effect of bulk-forming laxative. It has the same mechanism as explained in bloating.

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