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[How and when to take senna - NHS](#)

You can take it with or without food. Senna takes about 8 hours to work. It's usual to take it at bedtime so it works overnight. Drink plenty of fluids (6 to 8 glasses a day) while you're taking senna or your constipation may get worse.

[2ahUKEwiLjpuO8suDAXWM9zgGHVHmCWgQFnoECAEQBg](#)

[nhs.uk : medicines : senna : how-and-when-to-take-senna](#)

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[2ahUKEwiLjpuO8suDAXWM9zgGHVHmCWgQzmd6BAgBEA4](#)

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If you are taking certain senna products (Ex-Lax^{sup} regul) Tj T* BT /F1

ole with a glass of water; do not split, chew, or crush them

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[Senna: MedlinePlus Drug Information](#)

[medlineplus : druginfo : meds](#)

[2ahUKEwiLjpuO8suDAXWM9zgGHVHmCWgQzmd6BAgBEA4](#)

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