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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.

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

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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

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Subway Surfers is a classic endless runner game. You play as Jake, who surfs the subways and tries to escape , from the grumpy Inspector and his dog. You'll need to dodge trains, trams, obstacles, and more to go as far , as you can in this endless running game. Collect coins to unlock power-ups and special gear to help you go , further every time in Subway Surfers. Furthermore, coins can be used to unlock different characters and boards. With your keys , you can customize the characters and upgrade your hoverboards with special powers. Don't forget to complete the awards, since they , give you keys. In