



[Home](#)

2. Magnesium hydroxide

Magnesium hydroxide

Generic name: magnesium hydroxide [*mag-NEE-see-um-hye-DROCK-side*]

Brand names: Dulcolax Liquid, [Milk of Magnesia](#), Pedia-Lax Chewable, Phillips Milk of Magnesia, [Ex-Lax Milk of Magnesia](#), ... [show all 8 brands](#)

Dosage forms: oral concentrate (24%), oral suspension (8%), oral tablet, chewable (400 mg)

Drug classes: [Antacids](#), [Laxatives](#)



[Medically reviewed](#) by Drugs.com on Aug 11, 2023. Written by [Cerner Multum](#).

[Uses](#) [Side effects](#) [Warnings](#) [Before taking](#) [Dosage](#) [Interactions](#)

What is magnesium hydroxide?

Magnesium is a naturally occurring mineral. Magnesium hydroxide reduces stomach acid, and increases water in the intestines which may induce bowel movements.

Magnesium hydroxide is used as a laxative to relieve occasional [constipation](#).

Magnesium hydroxide is also used as an antacid to relieve indigestion, sour stomach, and [heartburn](#).

Magnesium hydroxide may also be used for purposes not listed in this medication guide.

Magnesium hydroxide side effects

Get emergency medical help if you have **signs of an allergic reaction**: hives; difficult breathing; swelling of your face, lips, tongue, or throat.

Magnesium hydroxide may cause serious side effects. Stop using magnesium hydroxide and call your doctor at once if you have:

- severe [nausea](#), [vomiting](#), or [diarrhea](#);
- no bowel movement after using the medicine as a laxative;
- rectal bleeding; or
- worsening symptoms.

Common side effects of magnesium hydroxide may include:

- diarrhea; or
- a decreased sense of taste.

This is not a complete list of side effects and others may occur. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

 [Magnesium hydroxide side effects](#) (more detail)

Related/similar drugs

MiraLAX

MiraLAX (polyethylene glycol) is used as a laxative to treat occasional constipation or irregular ...

Reviews & ratings

7.2 / 10

[262 Reviews](#)

[View more](#)

Colace

Colace makes bowel movements softer and is used to treat or prevent constipation. Includes Colace ...

Reviews & ratings

6.3 / 10

[18 Reviews](#)

[View more](#)

FEATURED

Ozempic

Learn about Ozempic (semaglutide) for type 2 diabetes treatment, weight management, cardiovascular ...

Reviews & ratings

6.6 / 10

[1,504 Reviews](#)

[View more](#)

Pepcid

Pepcid is used to treat ulcers in the stomach and for conditions where the stomach produces too ...

Reviews & ratings

6.0 / 10

[10 Reviews](#)

[View more](#)

Linzess

Linzess (linaclotide) is used to treat chronic idiopathic constipation, irritable bowel syndrome ...

Reviews & ratings

6.7 / 10

[884 Reviews](#)

[View more](#)

Ranitidine

Ranitidine is used to treat and prevent ulcers in the stomach and intestines. Includes ranitidine ...

Reviews & ratings

7.2 / 10

[163 Reviews](#)

[View more](#)

Prilosec

Prilosec (omeprazole) is used to treat symptoms of GERD and other conditions caused by excess ...

Reviews & ratings

6.9 / 10

[53 Reviews](#)

[View more](#)

Warnings

Do not use magnesium hydroxide without a doctor's advice if you have stomach pain, nausea, or vomiting.

Before taking this medicine

Do not use magnesium hydroxide without a doctor's advice if you have stomach pain, nausea, or vomiting.

Ask a doctor or pharmacist if magnesium hydroxide is safe to use if:

- you have kidney disease;
- you are on a low-magnesium diet; or
- you have a sudden change in bowel habits that has been ongoing for longer than 2 weeks.

Ask a doctor before using this medicine if you are pregnant or breastfeeding.

How should I take magnesium hydroxide?

Use exactly as directed on the label, or as prescribed by your doctor.

Measure **liquid medicine** carefully. Use the dosing syringe provided, or use a medicine dose-measuring device (not a kitchen spoon).

You may need to shake the **oral suspension** before each use.

You must chew the **chewable tablet** before you swallow it.

Take this medicine with a full glass (8 ounces) of water.

When taken as a laxative, magnesium hydroxide should produce a bowel movement within 30 minutes to 6 hours.

Call your doctor if the condition you are treating with magnesium hydroxide does not improve, or if it gets worse while using this medicine.

Do not use magnesium hydroxide for longer than 7 days without medical advice.

Store at room temperature away from moisture and heat.

 [Detailed Magnesium hydroxide dosage information](#)

What happens if I miss a dose?

Since magnesium hydroxide is used when needed, you may not be on a dosing schedule. Skip any missed dose if it's almost time for your next dose. **Do not** use two doses at one time.

What happens if I overdose?

Seek emergency medical attention or call the Poison Help line at 1-800-222-1222.

Overdose symptoms may include severe diarrhea, muscle weakness, [shortness of breath](#), and little or no urination.

What should I avoid while taking magnesium hydroxide?

Follow your doctor's instructions about any restrictions on food, beverages, or activity.

What other drugs will affect magnesium hydroxide?

Other drugs may affect magnesium hydroxide, including prescription and over-the-counter medicines, [vitamins](#), and [herbal products](#). Tell your doctor about all your current medicines and any medicine you start or stop using.

 [Magnesium hydroxide drug interactions](#) (more detail)

Does magnesium hydroxide interact with my other drugs?

Enter medications to view a detailed interaction report using our [Drug Interaction Checker](#).

magnesium hydroxide

+

Enter a drug name

Add

More about magnesium hydroxide

- [Check interactions](#)
- [Compare alternatives](#)
- [Pricing & coupons](#)
- [Reviews \(254\)](#)
- [Drug images](#)
- [Latest FDA alerts \(2\)](#)
- [Side effects](#)
- [Dosage information](#)
- [During pregnancy](#)
- [Drug class: antacids](#)
- [Breastfeeding](#)

Patient resources

- [Magnesium Hydroxide Chewable Tablets patient information](#)
- [Magnesium Hydroxide Suspension](#)

Other brands

[Milk of Magnesia](#), [Phillips' Milk of Magnesia](#), [Pedia-Lax Chewable Tablets](#), [Ex-Lax Milk of Magnesia](#)

Related treatment guides

- [Constipation](#)
- [Indigestion](#)
- [Acne](#)

Further information

Remember, keep this and all other medicines out of the reach of children, never share your medicines with others, and use this medication only for the indication prescribed.

Always consult your healthcare provider to ensure the information displayed on this page applies to your personal circumstances.

[Medical Disclaimer](#)


Copyright 1996-2025 Cerner Multum, Inc. Version: 7.01.


Magnesium 101

Explore how magnesium supports sleep, mood, muscle recovery, and heart health.

[Read our magnesium guide](#)

DRUG STATUS

Availability
 Rx and/or OTC

Pregnancy & Lactation
 Risk data available

CSA Schedule*
N/A Not a controlled drug



User Reviews & Ratings

8.4 / 10

[254 Reviews](#)

Images

[Magnesium Hydroxide \(Chewable\) 400 mg \(TCL 366\)](#)

Drugs.com Mobile App

Access drug & treatment information, identify pills, check interactions and set up personal medication records.



[About](#)

[About Drugs.com](#)
[Advertising policy](#)
[Attribution & citations](#)

Terms & privacy

[Terms of use](#)
[Editorial policy](#)
[Privacy policy](#)

Support

[Help center](#)
[Sitemap](#)
[Contact us](#)



[Subscribe to our newsletter](#) for the latest medication news, new drug approvals and FDA alerts.

Drugs.com provides accurate and independent information on more than 24,000 prescription drugs, over-the-counter medicines and natural products. This material is provided for educational purposes only and is not intended for medical advice, diagnosis or treatment. Data sources include Micromedex (updated 7 Apr 2025), Cerner Multum™ (updated 13 Apr 2025), ASHP (updated 10 Apr 2025) and others.



Ad Choices
ADVERTISEMENT



Copyright © 2000-2025 Drugs.com. All rights reserved.