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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

senna : how-and-when-to-take-senna

Senna: MedlinePlus Drug Information

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

wallow the pills whole with a glass of water; do not split, chew, or crush them

Senna: MedlinePlus Drug Information

medlineplus : druginfo : meds