

About Constipation

What exactly is constipation?

Put most simply, if you are going to the toilet less often than usual, it's probably constipation.

Poo – which your health professional may refer to as ‘stools’ or ‘bowel movements’ – may be hard, dry and difficult to pass, because it's lost water as it's passed through the body.

For children, there may be signs like:

- Pain in the tummy or bottom
- Finding it hard to have a bowel movement, or having one that really hurts
- Feeling they still want to go, even after they've passed a stool

What's faecal impaction?

A doctor or nurse may use this term when there hasn't been a proper bowel movement for several days – or even weeks.

It means the poo has been building up in your gut and becoming more and more difficult to get out.

Children with faecal impaction tend to have a dribbly bottom and often dirty their pants.

Only use MOVICOL® to treat faecal impaction confirmed by a doctor.



What is Movicol?

MOVICOL® works in harmony with the body to gently bring on a natural bowel movement – unlike some other laxatives whose effects can sometimes be a little harsh.

How does it work?

Regardless of the cause of constipation, the main effect is that poo becomes hard, dry and difficult to pass because of water lost during the long time it's been in the bowel.

MOVICOL® works in a natural way, delivering water to the dehydrated stool, where it's absorbed and retained. The effect of the water is to lubricate, soften and expand the poo – ultimately triggering an easy and comfortable bowel movement just like a normal poo.

The main active ingredient in MOVICOL® (called macrogol 3350) is virtually unabsorbed by your body.

How long will it take?

Because of the gentle, natural mode of action, it can take a day or so after starting MOVICOL® before you have your first bowel movement. But it will be a predictable and comfortable one, in harmony with the way your body works.

How do you take it?

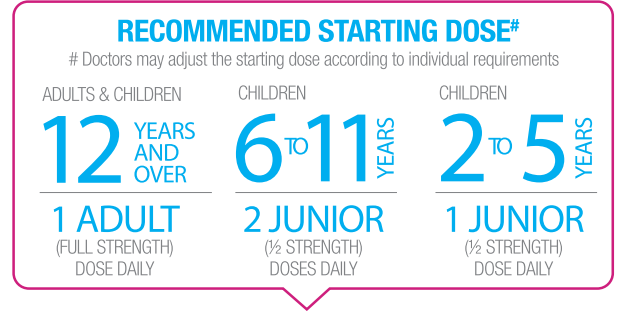
- MOVICOL® is available as a powder in single dose sachets
- Stir until fully dissolved, the prepared solution is colourless, even for MOVICOL® chocolate varieties
- MOVICOL® can then be taken as is, but if desired you can add a small amount of cordial to the prepared solution (for any MOVICOL® flavour)

If your health professional has recommended MOVICOL®, they have probably advised you about how much to take and for how long. Otherwise please use the chart and table opposite as a guide and consult the patient information leaflet in your MOVICOL® pack.

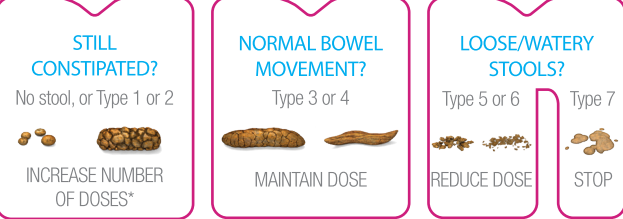
How Many Doses, For How Long?

Constipation (includes chronic constipation)

The recommended dose of MOVICOL® is 1 sachet a day. This can be increased to 2 or 3 sachets daily if necessary.



After one or two days of treatment refer to the Bristol Stool Chart overleaf to assess consistency of the stools and adjust dosage up or down



*Up to 3 full strength doses for adults or 4 half strength sachets for children under 12 years

In medically diagnosed faecal impaction

- These dosage rates apply only up until 'disimpaction' has happened.

½ STRENGTH – NUMBER OF MOVICOL® JUNIOR DOSES PER DAY

AGE	DAY 1	2	3	4	5	6	7
2 TO 5 YEARS	2	4	4	6	6	8	8
6 TO 11 YEARS	4	6	8	10	12	12	12

FULL STRENGTH – NUMBER OF MOVICOL® DOSES PER DAY

AGE	DAY 1	2	3
ADULTS & CHILDREN 12 YEARS AND OVER	8^	8^	8^

^8 doses need to be taken within 6 hours

While You're Taking This Medicine

You may get very soft poo

Don't worry – soft stools mean MOVICOL® has started to work.

However, if the poo becomes very runny or diarrhoea (see Stool Type 7 on the chart overleaf), you should stop taking your MOVICOL® until the runny poo stops. Then start again at a reduced dose.

If there's anything you're unsure about, please contact your doctor, nurse or pharmacist. Always read the patient information leaflet that comes with the medicine.

Keep a record of your bowel movements

Keeping track of how often you or your child pass stools – and what they're like – can help in future.

Use the Stool Chart overleaf to recognise the type of stool passed and enter the corresponding number in your Stool Diary (also overleaf) along with how much MOVICOL® was taken. Then take the completed diary to your doctor or nurse on your next visit.



MOVICOL® Junior range is available in a choice of three flavours – Lemon-Lime, Chocolate or Flavour Free. Just dissolve the contents of the powder sachet in 62.5 mL of water, then drink.

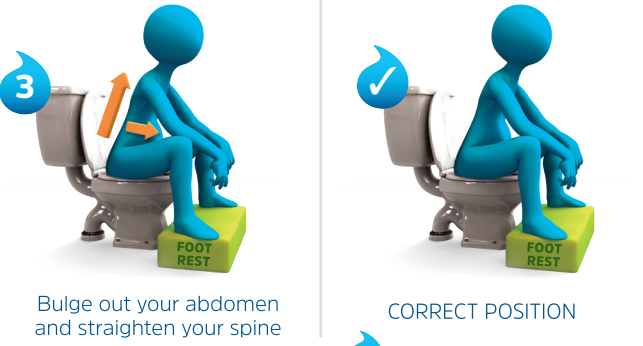
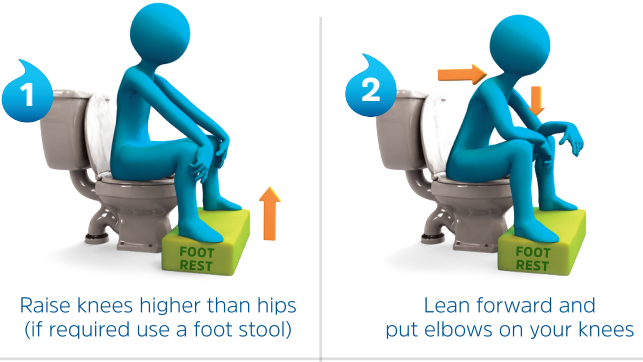


MOVICOL® Adult range is available in a choice of three flavours – Lemon-Lime, Chocolate or Flavour Free. Just dissolve the contents of the powder sachet in 125 mL of water, then drink.

Other Things That Can Help

- Sit on the toilet regularly, for example for 5 minutes after each meal
- If you want to go to the toilet, go immediately – don't hold on
- Drink more water than usual (around 6 to 8 glasses per day) unless on a fluid restricted diet
- Eat plenty of fibre rich foods eg fruits and vegetables
- Do some kind of exercise every day

The correct position for opening your bowels



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- 1 Knees higher than hips while keeping feet flat
- 2 Lean forward with elbows on knees
- 3 Bulge out abdomen and straighten spine