



**MOVICOL<sup>®</sup> Junior**  
Flavour Free

Please read this leaflet carefully before taking your medicine.  
If you have any questions or are not sure about anything, ask your doctor or pharmacist.

### What is this medicine?

The name of this medicine is Movicol Junior Flavour Free. Each sachet contains:

Macrogol 3350	6.563	g
Sodium chloride	175.4	mg
Sodium bicarbonate	89.3	mg
Potassium chloride	25.1	mg

When it is made into a drink with 62.5 mL of water, each sachet gives the equivalent of:

Sodium	65	mmol/L
Chloride	53	mmol/L
Bicarbonate	17	mmol/L
Potassium	5.4	mmol/L

MOVICOL Junior Flavour Free does not contain any colours, flavours or sweeteners.

Movicol Junior Flavour Free is lactose-free, gluten-free and sucrose-free.

Each sachet contains 6.9 grams of Movicol Junior Flavour Free powder.

You add water to the powder to make a drink.

### What is Movicol Junior Flavour Free used for?

Movicol Junior Flavour Free is used in children aged 2 years and older, for the treatment of chronic constipation. It can also be used in adults who need a smaller dose. Constipation is the "less frequent than normal" passing of large, firm or hard stools. Movicol Junior Flavour Free helps you to have a comfortable bowel movement even if you have been constipated for a long time.

### Chronic Constipation in Children:

Most normal children will occasionally experience constipation, which will normally require no more than a healthy diet, plenty of exercise, regular toilet use and, sometimes, occasional use of laxatives.

However, a small proportion of children will pass stools less frequently than 3 times per week, with excessive straining and discomfort or pain at these times. If your child has this more severe type of constipation your doctor needs to be involved in making a supervised plan of treatment for your child over the next 6–12 months. Treatments may require daily use of a product such as Movicol Junior Flavour Free which can keep stools of normal consistency and restore a normal pattern of passing stools. Movicol Junior Flavour Free is also used in children aged 2 years and older for the treatment of faecal impaction (as determined by your doctor), and for the prevention of recurrence of faecal impaction.

### Before you take Movicol Junior Flavour Free

Do not take Movicol Junior Flavour Free if your doctor has told you that you have:

- an obstruction in your intestine (gut)
- a perforated gut wall
- severe inflammatory bowel disease, like ulcerative colitis, Crohn's disease, or toxic megacolon
- paralysis of the bowel.
- an allergy to macrogol or any of the ingredients.

### Pregnancy and breast-feeding

If you are pregnant talk to your doctor before you take Movicol Junior Flavour Free.

Movicol Junior Flavour Free can be taken while breast-feeding.

### Other Medications

Laxative products such as Movicol Junior Flavour Free have the potential to interact with other medications, by altering their absorption. Close monitoring of the effects of your medications may be necessary when you start or stop taking Movicol Junior Flavour Free regularly. It is important that you should discuss this with your doctor.

### How to take Movicol Junior Flavour Free

#### Chronic Constipation/Prevention of recurrence of faecal impaction:

**Children aged 2-5 years:** The usual starting dose is 1 sachet daily.

**Children aged 6-11 years:** The usual starting dose is 2 sachets daily. The dose should be adjusted up or down as required to produce regular soft stools. The maximum dose needed does not normally exceed 4 sachets daily. Use in children aged 2 years and older should be limited to 12 weeks except under medical supervision.

Movicol Junior Flavour Free is not recommended for children below 2 years of age.

**Adults and children 12 years and older:** The recommended dose of Movicol Junior Flavour Free is 2 sachets a day. This can be increased up to 6 sachets daily if necessary, depending on the severity of your constipation. For chronic constipation the dose may be reduced to 1 sachet daily, according to individual response.



For patients 12 years and older using 2 sachets daily or more, it is recommended to use Movicol Flavour Free (full strength).

#### **FAECAL IMPACTION:**

##### **Children (2 – 11 years):**

A course of treatment with Movicol Junior Flavour Free is for up to 7 days as follows:

Age (years)	Number of Movicol Junior Flavour Free Sachets						
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
2 - 5	2	4	4	6	6	8	8
6 - 11	4	6	8	10	12	12	12

Treatment can be stopped when the medicine has worked. This is shown by the patient passing large volumes of stool or watery diarrhoea.

Movicol Junior Flavour Free is not recommended for the treatment of faecal impaction in children with a heart or kidney condition.

Do not use Movicol Junior Flavour Free to treat faecal impaction in children for longer than 7 days. If symptoms persist, see your doctor.

If you take too much Movicol Junior Flavour Free and get bad diarrhoea, stop taking Movicol Junior Flavour Free until the diarrhoea stops. If constipation recurs, you should check with your doctor or pharmacist. If you are worried, contact your doctor or pharmacist.

#### **General recommendations when taking laxatives**

Drink plenty of water. Increase fibre in diet except in cases of medication-induced constipation. Prolonged use of laxatives is undesirable and may lead to dependence. In some circumstances, prolonged use may be necessary but should only be under medical supervision.

#### **How to prepare Movicol Junior Flavour Free**

Open the sachet and pour the contents into a glass. Add 62.5 mL (about 1/4 cup) of water. Stir well until all the powder has dissolved and the Movicol Junior Flavour Free solution is clear or slightly hazy, then drink it. If you like, you can add a flavour such as cordial to the drink.

For use in faecal impaction, the correct number of sachets can be made up in advance and kept covered and refrigerated for 24 hours. For example 12 sachets can be made up into 750 mL of water and 16 sachets into one litre of water.

#### **What about side effects?**

Like all medicines, Movicol Junior Flavour Free can have side effects. Sometimes people have indigestion, stomach ache or rumbles. You may also feel bloated, suffer from wind, feel sick or vomit, may also experience soreness of the anus (bottom) and may have mild diarrhoea when starting to take Movicol Junior Flavour Free. Diarrhoea generally gets better if you reduce the amount of Movicol Junior Flavour Free you take. If necessary, discuss reducing the dose with your doctor or pharmacist. Other side effects include allergic reactions which may cause a skin rash, itching, reddening of the skin or a nettle rash. Tell your doctor or pharmacist if you think Movicol Junior Flavour Free Junior is causing you any problem.

Tell your doctor immediately and stop taking Movicol Junior Flavour Free if you:

- Get a serious allergic reaction which causes difficulty in breathing, or swelling of the face, lips, tongue or throat.
- If you feel weak, breathless, very thirsty with a headache, or get puffy ankles.

#### **How to store Movicol Junior Flavour Free**

##### **Storing Movicol Junior Flavour Free sachets**

Store the sachets below 25°C. Do not use Movicol Junior Flavour Free after the expiry date on the pack.

##### **Storing prepared solution of Movicol Junior Flavour Free**

If you do not drink it straightaway, the prepared Movicol Junior Flavour Free solution can be kept covered in the fridge (2 - 8°C) for up to 24 hours. After that time, any remaining solution should be thrown away.

Keep out of reach of children.

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