

**Check with your doctor or pharmacist before giving any other medicines to your child.** This includes herbal medicines.

You can give paracetamol (Pamol®, Paracare®) or ibuprofen (Fenpaed®) while your child is taking macrogol unless your doctor has told you not to.

### General advice about macrogol

- Do not change the dose without talking to your doctor or nurse first.
- Give macrogol at the same time each day.
- Only give the macrogol to *your* child.
- Order a new prescription a few days before you run out.
- Check the macrogol has not reached its 'used by' date before giving.
- *Macrogol is a medicine that requires special authority, this means that your child's doctor needs to fill out a form for the macrogol before it is subsidised from a retail pharmacy.*

### Where should I keep the macrogol?

- Keep unopened macrogol sachets in a cupboard, away from heat and sunlight.
- A prepared mixture of macrogol should be covered and stored in the fridge.
- Discard made up mixture after 24 hours.
- Make sure that children cannot see or reach it.
- Keep macrogol in the original sachet until it is needed.

### Where to go for more information:

The doctor, pharmacist or nurse can give you more information about macrogol and other medicines for disimpaction and maintenance.

If your baby/child has a rash, swelling of the face, lips, tongue or throat, or has difficulty breathing or swallowing, they may be allergic to macrogol. Contact your doctor or take your child to hospital **immediately.**

If your baby/child had too much macrogol 3350, and you are concerned, call the following number for advice.

#### HEALTHLINE

0800 611 116 (24 hours a day)



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# Macrogol 3350

## For constipation and disimpaction in children

*What you need to know*

## What is macrogol?

- Macrogol is a type of laxative and should help to produce a soft bowel motion (poo). It is used for very bad constipation, called faecal impaction. Macrogol is also used as a maintenance therapy to prevent the reoccurrence of faecal impaction.

## What is macrogol available as?

- Sachets (Lax-sachets®, Movicol®)

## How much macrogol do I give?

- **Disimpaction Schedule:**

Number of macrogol sachets							
Age (yrs)	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
2 – 5	1	2	2	3	3	4	4
6 – 11	2	3	4	5	6	6	6
or							

When using macrogol for disimpaction it is common to produce large watery poos. This means the medicine is working and the dose may be reduced.

- **Ongoing maintenance therapy:** Take \_\_\_\_\_ sachets daily to produce soft stools.
- **Your doctor or nurse might refer you to other constipation resources, the ‘Bristol Stool Chart’ and ask for a toileting diary as part of the management plan.**

*It is important that you follow your doctor’s instructions on how much to give. Your plan may have to be adjusted, so your child produces regular stools*

## How should I give macrogol?

- Open the sachet and pour contents into at least 125ml water(half a glass)
- Stir well until all the powder has dissolved and the mixture is clear or slightly cloudy
- A prepared mixture of macrogol 3350 should be covered and stored in the fridge and discarded after 24 hours.
- A flavour such as orange squash can be added to the drink if your child does not like the taste.
- Macrogol can be given at any time of the day.
- If your child needs to take the medicine at school, you can make the mixture at home for your child to take to school.

## When should the medicine start working?

- It may be a few hours or sometimes a day or more before your child produces a soft poo. This will depend on how bad the constipation is. Your Doctor may give you a plan to give more sachets in a day if the macrogol does not appear to be working.

## What if my child vomits?

- If your child vomits less than 30 minutes after taking a dose, give the same dose again.
- If your child vomits more than 30 minutes after taking a dose, wait until the next dose is due.

## What if I forget to give macrogol?

- If you forget to give your child a dose, give it as soon as you remember.

## What if I give too much macrogol?

- It is unlikely to cause your child any harm.
- If you are worried that too much was given, please contact the number on the back of the pamphlet.

## Are there any side effects?

We use medicines to make children better, but sometimes they have unwanted effects.

Macrogol 3350 usually causes only mild side effects such as:

- Wind, diarrhea, cramps, nausea and bloating.