

# **MOVICOL® INFORMATION SHEET FOR CAREGIVERS**

Your doctor has prescribed Movicol® to clear your child's bowel before starting regular medication to control constipation.

## ***What is Movicol® and how does it work?***

Movicol® is an oral medication which stays in the gut and is not absorbed into the bloodstream. It acts by delivering fluid to the bowel which softens the poo and makes it easier to pass.

## ***What are the possible side effects?***

Some people experience uncomfortable stomach cramps, abdominal bloating, mild nausea and diarrhoea. If your child experiences any severe symptoms stop the Movicol® and see a doctor.

## ***How is Movicol® given?***

- Movicol® comes as a powder in individual sachets.
- Each sachet of Movicol® needs to be dissolved in 125ml (1/2 cup) of water. If your child is prescribed more than one sachet you must use the right amount of water (eg. 250 ml for 2 sachets, 375ml for three sachets etc).
- Movicol® has a mild lemon/lime flavour but cordial can be added after the water has been added, to improve the taste, if desired.

## ***What dose will I need to use?***

- The dose of Movicol® will increase each day as instructed by your doctor until your child has passed a large amount of poo.
- The dose of Movicol® for the day can be taken over a period of 6 hours as long as it is refrigerated.
- Once the bowel has been cleared, it is important to recommence your child's regular medicine (usually paraffin emulsion) for constipation that day and stop the Movicol®.

## ***What if it doesn't work?***

If you think that the medication has not worked after 6 days of treatment please contact the doctor who began the treatment (if you were seen in Outpatients) or contact the duty Emergency Department Consultant (phone 81618264) to receive further instructions.

## ***What else can I do?***

To prevent the recurrence of constipation it is important to continue the usual measures which encourage regular bowel actions: a diet high in fibre, a good water intake, exercise and regular toileting.

| <b>Day:</b>              | <b>1</b> | <b>2</b> | <b>3</b> | <b>4</b> | <b>5</b> | <b>6</b> | <b>7</b> |
|--------------------------|----------|----------|----------|----------|----------|----------|----------|
| <b>Date:</b>             |          |          |          |          |          |          |          |
| <b>Number of sachets</b> |          |          |          |          |          |          |          |
| <b>Volume of water</b>   |          |          |          |          |          |          |          |
| <b>Bowel Movements</b>   |          |          |          |          |          |          |          |