

MOVICOL® PROTOCOL FOR BOWEL DISIMPACTION (PED)

Severe constipation with faecal impaction is often an acutely distressing condition for both the child and family. Faecal disimpaction is often necessary prior to the commencement of regular laxatives to control the chronic constipation. Movicol® is a new oral medication which may be given at home as an alternative to day admission and administration of GO-lytely® / Colonlytely®.

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 hydrates the faeces and makes it easier to pass. It does not have an osmotic or stimulant effect.

Movicol® comes in a powder form in individual sachets. Each sachet contains Macrogol 3350 13.125g. When made up the solution contains Sodium 65mmol/L, Potassium 5.4 mmol/L, Chloride 53mmol/L and Bicarbonate 17mmol/L. Macrogol is almost completely unabsorbed from the gut. Any Macrogol absorbed is excreted unchanged in the urine.

What Dose?

| Age | Day1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|------------------------------|------|-------|-------|-------|-------|-------|-------|
| Number of sachets of MOVICOL | | | | | | | |
| 2-4 | 1 | 2 | 2 | 3 | 3 | 4 | 4 |
| 5-11 | 2 | 3 | 4 | 5 | 6 | 6 | 6 |

- Each sachet should be dissolved in 125ml (1/2 cup) of water.
- Multiple sachets can be mixed up together and stored in the refrigerator until used, ensuring that the correct quantity of water is added (eg. 500ml for 4 sachets).
- The recommended daily dose should be consumed within 6 hours. Divided dosing is advisable.
- Movicol® has a lemon-lime flavour but additional cordial or ice can be added according to taste.
- Ensure the caregivers are given a Movicol® Information Sheet and dosage chart on discharge.
- Cease Movicol® once disimpaction occurs and recommence the patient's regular laxatives.
- If possible the patient should be contacted on Day 3-4 to follow their progress.

Contraindications

Do not give if the patient has impaired cardiovascular or renal function or if there is a possibility of inflammatory bowel disease, ileus or intestinal obstruction.

Side Effects

Common side-effects include abdominal distension and pain, borborygmi, nausea and vomiting and perianal soreness. Any signs of fluid and electrolyte shift (eg. Oedema, breathlessness, cardiac failure or dehydration) should prompt immediate medical review with measurement of EUC and appropriate treatment with cessation of further Movicol®.

Ongoing Management

- Severe constipation is a chronic condition.
- Follow-up appointment with either General Medical or Gastroenterology outpatients.
- Maintenance laxatives should be recommenced once disimpaction has occurred.
 - Age <12 months - Lactulose 0.5ml/kg day starting dose.
 - Age >12 months- Paraffin emulsion 1ml/kg starting dose (max 30-45ml).
 - Both medications can be titrated to effect.