



*Just as Fruit and Veg change with the Seasons, so do your customers' ailments!*

**SEASONAL COMMON CONDITIONS TREATABLE UNDER THE [NHS PHARMACY FIRST SCOTLAND SERVICE](#):**

This time we focus on ...**CONSTIPATION!**

**Remember to record every patient interaction you have on your PMR, including:**

**ADVICE** such as: Keep hydrated. Eat plenty of fibre e.g. fruit, vegetables, wholegrains. Exercise also stimulates the digestive process and helps keep things moving.

**REFERRALS** for patients reporting blood in stools or bleeding from rectum, severe pain, failure of OTC treatments.

**TREATMENT**

See **Lothian-specific** recommended products available on the Pharmacy First Approved List, which includes:

<b>1.5 Constipation</b>			
	Ispaghula husk 3.5 g effervescent granules sachets gf sf	<b>Pack Sizes</b>	10, 30
	Macrogol compound oral powder sachets NPF sugar free	<b>Pack Sizes</b>	20, 30
	Bisacodyl 5 mg gastro-resistant tablets	<b>Pack Sizes</b>	10, 20
	Glycerol 1 g suppositories	<b>Pack Size</b>	12
	Glycerol 2 g suppositories	<b>Pack Size</b>	12
	Glycerol 4 g suppositories	<b>Pack Size</b>	12
	Senna 7.5 mg tablets	<b>Pack Size</b>	20
	Senna 7.5 mg/5 ml oral solution sugar free	<b>Pack Size</b>	150 ml
	Lactulose 3.1-3.7g/5ml oral solution	<b>Pack Sizes</b>	300 ml, 500 ml

For the full version of the current Pharmacy First Approved List (which was updated on **1<sup>st</sup> December 2021**), please visit the **Community Pharmacy Scotland** or the **NHS National Services Scotland** websites.

This email is also attached as a PDF of this information to make it easy for your team to print off and keep handy in the pharmacy.

Kind regards,

**The Community Pharmacy Development Team & NHS Lothian Community Pharmacy Champions**

[www.communitypharmacy.scot.nhs.uk](http://www.communitypharmacy.scot.nhs.uk)

Twitter: @nhscommpharm

**FUN  
SEASONAL  
FRUIT &  
VEG FACT:**



Did you know 'prunes' are just another name for dried plums, and these have been used for thousands of years to relieve constipation naturally? This because they are rich in insoluble fibre and the natural laxative sorbitol. (Your granny was right!)