

# MACROGOL LAXATIVE MEDICATION

(Movicol/Laxido/Cosmocool/Strigol)

## HOW IT WORKS

**Macrogol Medicines** are the first line treatment for constipation, it stays in the bowel and combines with the poo to hydrate it, break up any hard lumps and soften it.

It is essential that you mix it with the recommended water as per pack until it goes clear before you add in any other juice.

## HOW LONG DOES IT TAKE?

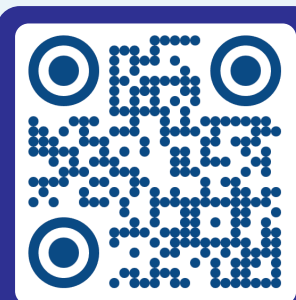
Constipation symptoms can take time to resolve with treatment, remember loose stools may indicate the medication is working and there is a lot of poo inside to clear out. Keeping a stool diary can help you work out next steps.

***Sometimes children need treatment for six months and beyond.***

## IT ISN'T WORKING?

If you are not managing to reach a type 4 stool regularly with no soiling or pain, please speak with the prescriber, you may need to change the dose, add a stimulant medication or complete a bowel disimpaction.

***Macrogol medication needs to be given regularly, consistently and made correctly to have an affect.***



[www.eric.org.uk](http://www.eric.org.uk)

## WANT TO KNOW MORE?

Follow the links for more info...



[www.thepoonurses.uk](http://www.thepoonurses.uk)

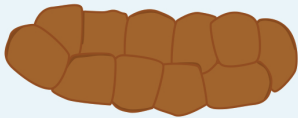
# POO CHECKER

## What's your poo telling you?



### TYPE 1

**Small hard lumps** like rabbit droppings.  
*This suggests severe constipation.*



### TYPE 2

**Sausage shaped**, but hard and lumpy.  
*This suggests constipation.*



### TYPE 3

**Sausage shaped**, but hard, with cracks on the surface.  
*This suggests constipation.*



### TYPE 4

**A soft, smooth sausage - THE IDEAL POO!**



### TYPE 5

**Separate soft blobs**  
*May be fine if the child is well and softer poos can be accounted for e.g. increased intake of fibre or taking laxative.*



### TYPE 6

**A mushy stool**  
*May be fine if the child is well and softer poos can be accounted for e.g. increased intake of fibre or taking laxative.*



### TYPE 7

**A liquid stool**  
*This could be diarrhoea or overflow.*

*\*Based on the Bristol Stool Form Scale produced by Dr KW Heaton, Reader in Medicine at the University of Bristol.*