

LACTULOSE

lak-tew-lows

What does it do?

Lactulose is used to treat and prevent constipation. It is also sometimes used for other conditions.

Before you start

- Tell your doctor if you have heart, kidney, stomach or bowel problems, or need a galactose and/or lactose free diet.
- Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding.
- If you have noticed a change in bowel habit that continues for longer than 2 weeks, talk to your doctor before taking *lactulose*.

How should you take it?

Take *lactulose* as directed with a glass of water. Measure the dose carefully. It can be mixed with fruit juice or water.

What if you forget a dose?

Should an occasional dose be missed it need not be taken later.

Can you take other medicines?

Some medicines available without a prescription may react with *lactulose* including:

- other laxatives – discuss this with your pharmacist
- anti-diarrhoea medicines such as loperamide (e.g. Imodium®)

Tell your pharmacist or doctor about all medicines or treatments that you may be taking, including vitamins, herbal products or recreational drugs.

What side effects might you notice?

| Side Effects | Recommended action |
|--|---------------------------------|
| Farting, stomach cramps, bloating, diarrhoea, nausea, vomiting | Tell your doctor if troublesome |

If you notice any other effects, discuss them with your doctor or pharmacist.

Other information:

- Drink plenty of fluids while taking *lactulose*.
- Do not use *lactulose* for longer than 1 week unless told to by your doctor.