

Macrogol Disimpaction Plan

Advice for parents, carers and children



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This is a treatment plan to treat your child's constipation. The purpose of disimpaction is to clear out the backlog of poo using a medicine called Macrogol.

We suggest your child follows the plan below:

- Use the medicine given to you by your child's Doctor or the Hospital. This is usually in a sachet.
- This may be a brand such as 'Movicol' or 'Laxido' or 'Cosmocool'
- Follow the advice given on how much to give your child every day.
- Please add the contents to cold water and stir well.
- You must mix this using the right amount of water. You can add more water but not less than the directed amount. Please see the advice sheet in the box.
- You can add juice after water, to give this a better taste.
- Some children prefer to drink after it has been in the fridge. This is safe in the fridge for up to 24 hours after you add the water.
- Spread the medicine over the day, within 12 hours.
- Please make sure your child drinks as normal while taking this medicine.
- Please stay on the medicine until your child has gone through all the stages below.

What to Expect

- Your child can expect to pass watery or loose poo at first.
- Then they should soon start to pass hard poo, soft poo, loose poo in a large amount.
- The last stage is more poo that is very watery and loose. It may take a number of weeks to get to this stage.
- When your child reaches the last stage you can reduce the amount of medicine. Cut down slowly by 1 or 2 sachets every few days until your child is passing soft and formed poo. Keep giving your child the medicine until you see their nurse or doctor.

Follow Up Appointment

- **Do not stop the medicine until you have spoken with your Doctor or the Nurse**
- You will get a letter or a telephone call from the hospital to confirm your child's appointment.
- You should attend this even if you think your child is better. Please phone your Doctor if you are not sure what to do.

Medicine advice - number of sachets for age as follows.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Child under 1	½-1	½-1	½-1	½-1	½-1	½-1	½-1
Child 1-5 years	2	4	4	6	6	8	8
Child 5-12 years	4	6	8	10	12	12	12

Children over 12 years can take the adult preparation. This is exactly the same, but there is twice as much in each adult sachet:

Adult sachets	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Child over 12 years	4	6	8	8	8	8	8