

# MOVICOL CHOCOLATE® Flavour

## Powder for Solution (macrogol 3350)

**Product Name:**

MOVICOL CHOCOLATE Flavour

**Product Description:**

Each sachet of MOVICOL CHOCOLATE Flavour contains:

Macrogol 3350	13.125 g
Sodium chloride	350.7 mg
Sodium bicarbonate	178.5 mg
Potassium chloride	31.7 mg

Also contains Chocolate flavour ( includes maltodextrin, acacia gum, vegetable oils and fats, propylene glycol, benzyl alcohol, and sulfites) and acesulfame potassium as a sweetener.

The content of electrolyte ions per sachet when made up to 125 mL is:

Sodium	65 mmol/L
Potassium	5.4 mmol/L
Chloride	51 mmol/L
Bicarbonate	17 mmol/L

**Pharmacology:**

Macrogol 3350 exerts an osmotic action in the gut, which induces a laxative effect. Macrogol 3350 increases the stool volume, which triggers colon motility via neuromuscular pathways. The physiological consequence is an improved propulsive colonic transportation of the softened stools and a facilitation of defaecation. Electrolytes combined with macrogol 3350 are exchanged across the intestinal barrier (mucosa) with serum electrolytes and excreted in faecal water without net gain or loss of sodium, potassium and water.

Macrogol 3350 is unchanged along the gut. It is virtually unabsorbed from the gastrointestinal tract. Any macrogol 3350 that is absorbed is excreted via the urine.

The laxative action of macrogol has a time course which will vary according to the severity of the constipation being treated. *Faecal Impaction* – In a non-comparative study in 27 adult patients, MOVICOL cleared the faecal impaction in 12/27 (44%) after 1 day's treatment, 23/27 (85%) after 2 day's treatment and 24/27 (89%) at the end of 3 days. Controlled comparative studies have not been performed with other treatments (eg. enemas).

**Indications:**

For effective relief from constipation, treatment of chronic constipation. MOVICOL Chocolate is also effective in resolving faecal impaction, defined as refractory constipation with faecal loading of the rectum and/or colon confirmed by physical examination of abdomen and rectum.

**Contraindications:**

Intestinal perforation or obstruction due to structural or functional disorder of the gut wall, ileus and severe inflammatory conditions of the intestinal tract, such as Crohn's disease, ulcerative colitis and toxic megacolon.

Known hypersensitivity to the active substances or any of the excipients.

**Precautions:**

The fluid content of MOVICOL Chocolate when re-constituted with water does not replace regular fluid intake and adequate fluid intake must be maintained.

Adverse reactions are possible as described under *Adverse Reactions*. If patients develop any symptoms indicating shifts of fluid/electrolytes (eg. oedema, shortness of breath, increasing fatigue, dehydration, cardiac failure) MOVICOL Chocolate should be stopped immediately and electrolytes measured, and any abnormality should be treated appropriately.

The absorption of other medicinal products could transiently be reduced due to a decrease in gastro-intestinal transit time induced by MOVICOL Chocolate (see interactions with other drugs).

As with all laxatives, prolonged use is not usually recommended and may lead to dependence. If prolonged use is necessary, it should only be under medical supervision. Extended use may be necessary in the care of patients with severe chronic or resistant constipation, secondary to multiple sclerosis or Parkinson's Disease, or induced by regular constipating medication, in particular opioids and antimuscarinics. Patients should be advised to drink plenty of water. They should also increase fibre in the diet, except in the case of medication-induced constipation.

**Use in pregnancy:**

Category B1. Drugs which have been taken by only a limited number of pregnant women and women of childbearing age, without an increase in the frequency of malformation or other direct or indirect harmful effects on the human fetus having been observed. Studies in animals have not shown evidence of an increased occurrence of fetal damage.

There were no direct embryotoxic or teratogenic effects in rats at maternally toxic doses up to 40 g/kg/day, 51x the maximum recommended dose in humans for chronic constipation and 19x for faecal impaction.

Indirect effects, including reduction in fetal and placental weights, reduced fetal viability and abortions, were noted in the rabbit at doses below the maximum recommended human dose. Rabbits are particularly sensitive to the effects of GI acting substances, and the findings are considered most likely a reflection of poor maternal condition as a result of an exaggerated pharmacodynamic response rather than direct embryofetal toxicity. There was no indication of a teratogenic effect.

**Use in Lactation:**

No effects on the breastfed newborn/infant are anticipated since the systemic exposure of the breast-feeding woman to macrogol 3350 is negligible. MOVICOL Chocolate can be used during breast-feeding.

**Use in children:** MOVICOL paediatric products ( the MOVICOL Junior Range) are approved for use in children aged 2 years and above, for chronic constipation and faecal impaction only.

**Interactions with other drugs:** There is a possibility that the absorption of other medicinal products could be transiently reduced during use with MOVICOL Chocolate (see Precautions). There have been isolated reports of decreased efficacy with some concomitantly administered medicinal products, e.g. anti-epileptics. A theoretical potential also exists for decreased absorption (rate and extent) of drugs which are generally poorly absorbed or are contained in sustained or modified release dosage forms. This is more likely to occur if MOVICOL Chocolate is overdosed to induce watery diarrhoea.

**Mutagenicity and carcinogenicity:**

Preclinical studies provide evidence that macrogol 3350 has no significant systemic toxicity potential, based on conventional studies of pharmacology, repeated dose toxicity, genotoxicity and toxicity to reproduction.

There are long-term animal toxicity and carcinogenicity studies involving macrogol 3350. Results from these and other toxicity studies using high levels of orally administered high molecular weight macrogols provide evidence of safety at the recommended therapeutic dose.

**Adverse Reactions:**

Reactions related to the gastrointestinal tract occur most commonly. These reactions may occur as a consequence of expansion of the contents of the gastrointestinal tract, and an increase in motility due to the pharmacologic effects of MOVICOL Chocolate. Diarrhoea usually responds to dose reduction.

<b>System Order Class</b>	<b>Adverse Event</b>
Immune system disorders	Allergic reactions, including anaphylactic reactions, dyspnoea, and skin reactions (see below)
Metabolism and nutrition disorders	Electrolyte disturbances, particularly hyperkalaemia and hypokalaemia.
Nervous system disorders	Headache.
Gastrointestinal disorders	Abdominal pain, diarrhoea, vomiting, nausea, dyspepsia, abdominal distension, borborygmi, flatulence, anorectal discomfort.
General disorders and administration site conditions	Peripheral oedema.
Skin and subcutaneous tissue disorders	Allergic skin reactions including angioedema, urticaria, pruritus, rash, erythema.

**Dosage:**

**Constipation:** The dose is 1 sachet daily. This may be increased to 2-3 sachets daily, if required.

**Faecal Impaction:** 8 sachets daily, consumed within 6 hours. A course of treatment for faecal impaction does not normally exceed 3 days.

**Patients with impaired cardiovascular function:** For the treatment of faecal impaction the dose should be divided so that no more than two sachets are taken in any one hour.

**Patients with renal insufficiency:** No dosage change is necessary for treatment of either constipation or faecal impaction.

**Administration:**

For oral administration. Each sachet should be dissolved in 125 mL water. For faecal impaction 8 sachets may be dissolved in 1 litre of water. Store reconstituted solution in a refrigerator and discard any solution not used within 24 hours.

**Overdosage:**

Severe pain or distention can be treated by nasogastric aspiration. Extensive fluid loss by diarrhoea or vomiting may require correction of electrolyte

disturbances. For information on the management of overdose, contact the Poisons Information Centre on 13 11 26

**Presentation:**

Powder for solution. Boxes of 8 sachets and 30 sachets. Each sachet contains 13.125 g of macrogol 3350.

**Storage:**

Store below 25°C



Norgine Pty Limited (ACN 005 022 882) 3/14 Rodborough Road, Frenchs Forest NSW 2086

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