



Choose your POO!

BRISTOL STOOL FORM SCALE

TYPE 1

Rabbit droppings

Looks like separate hard lumps, like nuts (hard to pass)



Increase MOVICOL dose*

TYPE 2

A bunch of grapes

Looks like a sausage-shape but lumpy



Increase MOVICOL dose*

TYPE 3 ✓

Corn on cob

Looks like a sausage but with cracks on its surface



Maintain MOVICOL dose

TYPE 4 ✓

Sausage

Looks smooth and soft like a sausage



Maintain MOVICOL dose

TYPE 5

Chicken nuggets

Looks like soft blobs with clear cut edges (passed easily)



Decrease MOVICOL dose

TYPE 6

Porridge

Looks like fluffy pieces with ragged edges, a mushy stool



Decrease MOVICOL dose

TYPE 7

Gravy

Looks watery, no solid pieces (entirely liquid)



Stop taking MOVICOL for a day or two

MOVICOL®

Macrogol 3350 plus electrolytes

When nature needs a nudge™



*Refer overleaf for maximum recommended dosage. Adapted from concept by Professor DCA Candy and Emma Davey, based on the Bristol Stool Form Scale produced by Dr KW Heaton, Reader in Medicine at the University of Bristol. © 2000 Norgine Limited.



Flexible administration

MOVICOL can be:

- flavoured with cordial (ensure the correct amount of water is mixed in with powder first)
- sipped through the day for patients with drinking difficulties
- stored in the fridge after mixing for later consumption

If more than one sachet a day is needed:

- they can be taken all at once or spread throughout the day



If half the dose is required (e.g. for frail adults or children):

- reduce to MOVICOL®-Half or MOVICOL® Junior

MOVICOL's gentle mode of action means it may take one or two days between commencing MOVICOL and the first bowel movement.

All MOVICOL products are:

- ✓ Sucrose free
- ✓ Lactose free
- ✓ Suitable for patients on controlled sodium diets
- ✓ Gluten free
- ✓ Long shelf life



Flexible dosage

Chronic or occasional constipation:

For adults and children over 2 years

RECOMMENDED STARTING DOSE#

ADULTS and CHILDREN >12 years: 1 full strength sachet daily

CHILDREN 2-5 years: 1 half strength sachet daily

CHILDREN 6-11 years: 2 half strength sachets daily

Doctors may adjust the starting dose according to individual requirements

After one or two days of treatment refer to the Bristol Stool Chart overleaf to assess consistency of the stools and adjust dosage up or down

STILL CONSTIPATED?

No stool, or Type 1 or 2

Increase number of sachets*

NORMAL BOWEL MOVEMENT AND STOOL CONSISTENCY?

Type 3 or 4

Maintain dosage

LOOSE/WATERY STOOLS?

Type 5, 6 or 7

Reduce dosage, or stop (Type 7)

*Up to 3 full strength sachets for adults or 4 half strength sachets for children under 12 years

Medically diagnosed faecal impaction

Number of MOVICOL sachets per day - Half Strength

AGE	DAY 1	2	3	4	5	6	7
2-5 years	2	4	4	6	6	8	8
6-11 years	4	6	8	10	12	12	12

Number of MOVICOL sachets per day - Full Strength

AGE	DAY 1	2	3
Adults and children > 12 years	8†	8†	8†

† 8 sachets need to be taken within 6 hours

- The treatment above should be stopped once disimpaction has occurred, and maintenance therapy should then be started. When treating faecal impaction, administer no more than 2 sachets per hour for patients with a heart condition.