

For further information about this service contact:

Children's Services
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Information and guidance can be found at:

- ERIC Helpline 0845 370 8008 www.eric.org.uk
- Bladder & Bowel UK 0161 607 8200 www.disabledliving.co.uk
- NHS Choices www.nhs.uk
- NICE www.nice.org.uk/guidance

Continent



Confident



Carefree



If you require this information in a different format such as in large print or on audio tape, or in a different language please contact the service on the details above.

If you have any compliments about this service or suggestions for improvements, contact our Patient Advice and Liaison Service on 0300 131 1000 (charges may apply depending on your network) or email: ccs-tr.pals@nhs.net.

For free, confidential health advice and information 24 hours a day, 365 days a year please contact NHS 111.



Macrogol Discharge Leaflet

Children's Continence Clinic



Moving on: now your child's has a good toilet routine



Your child is now doing well enough to be discharged from the bowel clinic. We really want them to continue with all the good habits they have learnt from us, so please continue with the following advice:

- Continue taking the macrogol medication (Movicol, Laxido, Cosmocol).
- Keep up with drinking well throughout the day - this should be a long term lifestyle habit that should continue at home and at school.
- Periodically try reducing the macrogol – if this is successful then reduce further. If at any time your child begins to struggle to poo, or passes large or hard lumps then increase the sachets back up again.
- Keep up the open communication with your child so they know to tell you if they show any signs of constipation.
- Continue to use a toilet step this helps to fully empty the bowel.
- Continue eating a high fibre diet with lots of fruit, vegetables and brown or wholemeal carbohydrates.



Further Macrogol Advice

Please do not worry about your child remaining on a macrogol medication. It is perfectly fine that they continue to take regularly and only reduce or stop if they have no signs of constipation at all.

It is also fine to re-start the macrogol once stopped - if the situation worsens again. For some young people taking a regular small dose 1 or ½ a sachet works well and stops constipation beginning again.

Reducing the sachets can be a whole or half a sachet at a time.







Remember that each sachet needs to be made up with at least 62.5mls of water – this can then be added to foods or drinks to disguise the taste.

Once off the medication keep a small stock at home for the future in case you need to re-start or need to give an occasional dose.

Signs of constipation include:-

Large poos that are difficult to flush, hard and/or painful to pass poos, small hard (like rabbit droppings) poos but also very runny poos – this happens when the bowel is very compacted so the only thing that can pass through is like water.

Bristol Stool Chart

Type 1		Separate hard lumps, like nuts (hard to pass)
Type 2		Sausage-shaped but lumpy
Type 3		Like a sausage but with cracks on its surface
Type 4		Like a sausage or snake, smooth and soft
Type 5		Soft blobs with clear-cut edges (passed easily)
Type 6		Fluffy pieces with ragged edges, a mushy stool
Type 7		Watery, no solid pieces. Entirely Liquid