

This information was up to date at the time of release to the Heads of Midwifery.

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Updating arrangements for the formulary should be decided upon and implemented at a local level.

Sodium Citrate Compound Enema	
Legal status (GSL, P or POM on exemption list, or PGD)	P - midwife may supply
Patient group	Women with constipation (passage of stools less frequently than woman's normal function). Where there is a definable cause such as analgesics, dehydration and there is evidence of faecal impaction but no other new symptoms.
Clinical indication	Constipation, which has not responded to oral laxatives.
Pharmacology (Onset and duration of action where appropriate)	Sodium citrate is an osmotic laxative, having faecal softening and lubricant properties. It has a local effect and works by increasing the amount of water into the bowel and aiding evacuation of the colon. Onset of action about 15minutes.
Pharmaceutical form, strength, route of administration	Micro-Enema of sodium citrate in a micro-enema tube. Each 5ml contains: sodium citrate 450mg plus other ingredients see individual product: Micolette® Micro-enema Micalax® Micro-enema By rectal route. Lubricate the tip of nozzle with some of the content to aid insertion.
Dose, frequency and maximum number of doses or period of time for administration or supply	One dose only.
Contra-indications/exclusion criteria	<ul style="list-style-type: none">▪ known hypersensitivity to any component of the medicine▪ constipation alternating with diarrhoea▪ blood and/or slime present in the stool▪ abdominal pain accompanied by nausea and/or vomiting▪ acute gastro-intestinal condition eg inflammatory bowel disease or gastrointestinal obstruction▪ women required to be on a low sodium intake
Cautions and action that will be taken if a caution applies	<ul style="list-style-type: none">▪ caution in patients with inflammatory or ulcerative conditions of the large bowel, or with acute gastrointestinal conditions – this medicine should not be supplied by a midwife▪ check for and document any allergies▪ check and document past medical and drug history and current medication to ascertain potential for overdose▪ if a caution applies consult with a doctor▪ document consultation in maternity record

Sodium Citrate Compound Enema

Medicine interactions and action that will be taken if a patient is taking a medicine that may interact	<ul style="list-style-type: none"> ▪ none known ▪ if there is a clinically significant drug interaction, consult with a doctor before administration or supply ▪ document consultation in maternity record ▪ refer to current BNF for latest information on interactions
Potential adverse reactions and side effects including actions to be taken if adverse medicine reaction is suspected	<ul style="list-style-type: none"> ▪ <i>may cause local irritation and rectal burning</i> ▪ <i>on labour</i> <i>Nil</i> ▪ <i>on the neonate</i> <i>Nil</i> ▪ <i>on breast feeding</i> <i>Nil</i> ▪ <i>if a serious adverse reaction is suspected please report to the MHRA Yellow Card Scheme http://yellowcard.mhra.gov.uk/</i>
Overdose	<ul style="list-style-type: none"> ▪ unlikely given the physical limitations of administration ▪ immediate assessment/treatment is essential - refer to medical staff ▪ manage in accordance with established treatment guidelines or see BNF overdose section ▪ for further advice contact National Poisons Centre 0344 892 0111
Action if patient declines	<ul style="list-style-type: none"> ▪ refer to authorised prescriber or doctor ▪ document in maternity record
Additional advice and information	<ul style="list-style-type: none"> ▪ advise to contact midwife/GP if condition worsens or symptoms persist ▪ supply the manufacturer's patient information leaflet if requested
Patient monitoring arrangements during and after treatment and follow-up required	<p>Monitor to see if bowels have opened.</p> <p>If not successful after two doses refer to doctor/GP.</p>
Particular storage requirements	<p>-</p>
References <ol style="list-style-type: none"> 1. Summary of Product Characteristics Micralax ®. Text revision 6.2.2019 Accessed 23.12.2019 http://www.medicines.org.uk 2. http://www.bnf.org 	