

Macrogol Disimpaction Regime

Information for parents/carers/users

Your child has been asked to complete a disimpaction regime using a Macrogol medication (Movicol, Laxido, Cosmocol)

It is important you mix the medication correctly using the right amount of water you can add more water but not less than the required amount

Add sachet to cold water and stir until clear. Once mixed you can add diluting juice or fresh juice to flavour

Some children prefer the medication after it has been in the fridge.

You have been asked to increase the medication to a high dose and this should be spread out throughout the day.

You should **STAY ON THE HIGH DOSE** until disimpaction has been completed

Please encourage your child to drink as normal in addition to medication

What to expect:

Initially your child may pass an increased amount of watery poo – this is what we call “overflow” and is the medication and runny poo coming round the sides of the hard poo.

The medication will gradually soften the hard poo and may take anything from a few days to a few weeks. Your child may require some time off school.

You can expect to pass watery poo, hard pieces of poo, hard chunks of poo, soft poo, diarrhoea and finally brown water

Your child should be fully disimpacted when the above stages are complete

What to do next:

After disimpaction you should decrease the medication by 2 sachets every 2nd day until your child is passing a soft, formed poo every day. Stay on this dose until seen in clinic.

Your child will be referred to the Paediatric Continence Service and you will receive an appointment to attend clinic.

It is important you attend this appointment so we can discuss the future management of your child's condition

Paediatric Macrogol Disimpaction

Sachets 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 should be treated with the adult preparation – the macrogol is exactly the same but there is twice as much in the sachet:

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

The macrogol sachets might be called Movicol, CosmoCol or Laxido. Ensure macrogols are prepared correctly – see advice sheet with medication.

Take dose within a 12 hour period. Medication can be reconstituted and kept refrigerated for 24 hours

Adapted from ERIC.co.uk -July 2019

We recommend you watch the following video: www.thepoonurses.uk