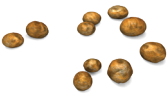















STOOL DIARY

Please complete and take this to your doctor on your next visit

DATE																							
TIME																							
TYPE OF STOOL (use number from stool chart)																							
QUANTITY OF STOOL Large (L) / Medium (M) / Small (S)																							
PAIN / DISTRESS WHEN PASSING STOOL? Yes / No / Some																							
WHERE WAS STOOL PASSED? Toilet / Nappy / Other																							
FOR CHILDREN ONLY:	PANTS SOILED?																						
	NUMBER OF TIMES DURING THE DAY																						
	TYPE OF SOILING Stained / Loose / Solid																						
DOSAGE OF LAXATIVES TAKEN	BREAKFAST																						
	LUNCH																						
	DINNER																						
	NIGHT																						

CHOOSE YOUR POO!

STOOL FORM	BRISTOL STOOL FORM SCALE		SUGGESTED DOSAGE ADJUSTMENT
TYPE 1	Looks like separate hard lumps (hard to pass)		Increase MOVICOL® dose* 
TYPE 2	Looks like a sausage-shape but lumpy		Increase MOVICOL® dose* 
TYPE 3	Looks like a sausage but with cracks on its surface		Maintain MOVICOL® dose 
TYPE 4	Looks smooth and soft like a sausage		Maintain MOVICOL® dose 
TYPE 5	Looks like soft blobs with clear cut edges (passed easily)		Decrease MOVICOL® dose 
TYPE 6	Looks like fluffy pieces with ragged edges, a mushy stool		Decrease MOVICOL® dose 
TYPE 7	Looks watery, no solid pieces (entirely liquid)		Stop taking MOVICOL® for a day or two 

WHEN NATURE

NEEDS A NUDGE



MOVICOL
Macrogol 3350 plus electrolytes

*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.

ALWAYS READ THE LABEL. USE ONLY AS DIRECTED. IF SYMPTOMS PERSIST, SEE YOUR HEALTHCARE PROFESSIONAL.

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www.MOVICOL.com.au

GENTLE, EFFECTIVE RELIEF FROM CONSTIPATION
Before using MOVICOL® please read the pack insert

ABOUT CONSTIPATION

What exactly is constipation?

Put most simply, if you are going to the toilet less often than usual, it's probably constipation.

Poo – which your health professional may refer to as 'stools' or 'bowel movements' – may be hard, dry and difficult to pass, because it's lost water as it's passed through the body.

For children, there may be signs like:

- Pain in the tummy or bottom
- Finding it hard to have a bowel movement, or having one that really hurts
- Feeling they still want to go, even after they've passed a stool

What's faecal impaction?

A doctor or nurse may use this term when there hasn't been a proper bowel movement for several days – or even weeks.

It means the poo has been building up in your gut and becoming more and more difficult to get out.

Children with faecal impaction tend to have a dribbly bottom and often dirty their pants.

Only use MOVICOL® to treat faecal impaction confirmed by a doctor.



WHAT IS MOVICOL®?

MOVICOL® works in harmony with the body to gently bring on a natural bowel movement – unlike some other laxatives whose effects can sometimes be a little harsh.

How does it work?

Regardless of the cause of constipation, the main effect is that poo becomes hard, dry and difficult to pass because of water lost during the long time it's been in the bowel.

MOVICOL® works in a natural way, delivering water to the dehydrated stool, where it's absorbed and retained. The effect of the water is to lubricate, soften and expand the poo – ultimately triggering an easy and comfortable bowel movement just like a normal poo.

The main active ingredient in MOVICOL® (called macrogol 3350) is virtually unabsorbed by your body.

How long will it take?

Because of the gentle, natural mode of action, it can take a day or so after starting MOVICOL® before you have your first bowel movement. But it will be a predictable and comfortable one, in harmony with the way your body works.

How do you take it?

- MOVICOL® is available as a powder in single dose sachets and as a liquid concentrate
- Each sachet or dose of liquid concentrate must be mixed with the correct amount of water
- Stir until fully dissolved, the prepared solution is colourless, even for MOVICOL® chocolate varieties
- MOVICOL® can then be taken as is, but if desired you can add a small amount of cordial to the prepared solution (for any MOVICOL® flavour)

If your health professional has recommended MOVICOL®, they have probably advised you about how much to take and for how long. Otherwise please use the chart and table opposite as a guide and consult the patient information leaflet in your MOVICOL® pack.

HOW MANY DOSES, FOR HOW LONG?

Constipation (includes chronic constipation)

The recommended dose of MOVICOL® is 1 sachet a day. This can be increased to 2 or 3 sachets daily if necessary.

RECOMMENDED STARTING DOSE#

Doctors may adjust the starting dose according to individual requirements

ADULTS & CHILDREN 12 YEARS AND OVER 1 ADULT (FULL STRENGTH) DOSE DAILY	CHILDREN 6 TO 11 YEARS 2 JUNIOR (½ STRENGTH) DOSES DAILY	CHILDREN 2 TO 5 YEARS 1 JUNIOR (½ STRENGTH) DOSE DAILY
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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 DOSES*	NORMAL BOWEL MOVEMENT? Type 3 or 4 MAINTAIN DOSE	LOOSE/WATERY STOOLS? Type 5 or 6 REDUCE DOSE	Type 7 STOP
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*Up to 3 full strength doses for adults or 4 half strength sachets for children under 12 years

In medically diagnosed faecal impaction

- These dosage rates apply only up until 'disimpaction' has happened.

½ STRENGTH – NUMBER OF MOVICOL® JUNIOR DOSES PER DAY

AGE	DAY 1	2	3	4	5	6	7
2 TO 5 YEARS	2	4	4	6	6	8	8
6 TO 11 YEARS	4	6	8	10	12	12	12

FULL STRENGTH – NUMBER OF MOVICOL® DOSES PER DAY

AGE	DAY 1	2	3
ADULTS & CHILDREN 12 YEARS AND OVER	8^	8^	8^

^8 doses need to be taken within 6 hours

WHILE YOU'RE TAKING THIS MEDICINE

You may get very soft poo

Don't worry – soft stools mean MOVICOL® has started to work.

However, if the poo becomes very runny or diarrhoea (see Stool Type 7 on the chart overleaf), you should stop taking your MOVICOL® until the runny poo stops. Then start again at a reduced dose.

If there's anything you're unsure about, please contact your doctor, nurse or pharmacist. Always read the patient information leaflet that comes with the medicine.

Keep a record of your bowel movements

Keeping track of how often you or your child pass stools – and what they're like – can help in future.

Use the Stool Chart overleaf to recognise the type of stool passed and enter the corresponding number in your Stool Diary (also overleaf) along with how much MOVICOL® was taken. Then take the completed diary to your doctor or nurse on your next visit.

JUNIOR STRENGTH



JUNIOR 30 SACHETS

Mix each junior strength sachet with 62.5 mL (approx. ¼ cup) of water

ADULT STRENGTH



500 mL CONCENTRATE

Mix 25 mL (1 cap) of MOVICOL® Liquid with 100 mL (4 caps) of water

30 SACHETS

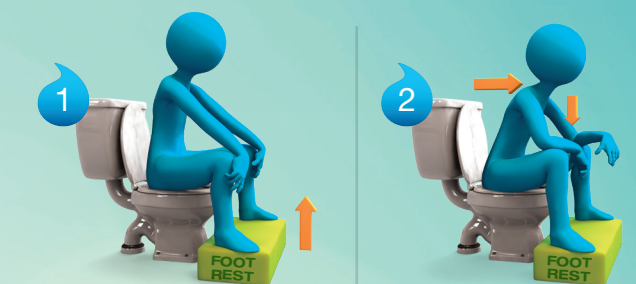
Mix each adult strength sachet with 125 mL (approx. ½ cup) of water

8 SACHETS

OTHER THINGS THAT CAN HELP

- Sit on the toilet regularly, for example for 5 minutes after each meal
- If you want to go to the toilet, go immediately – don't hold on
- Drink more water than usual (around 6 to 8 glasses per day) unless on a fluid restricted diet
- Eat plenty of fibre rich foods eg fruits and vegetables
- Do some kind of exercise every day

The correct position for opening your bowels



1 Raise knees higher than hips (if required use a foot stool)

2 Lean forward and put elbows on your knees



3 Bulge out your abdomen and straighten your spine

CORRECT POSITION

- 1 Knees higher than hips while keeping feet flat
- 2 Lean forward with elbows on knees
- 3 Bulge out abdomen and straighten spine

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