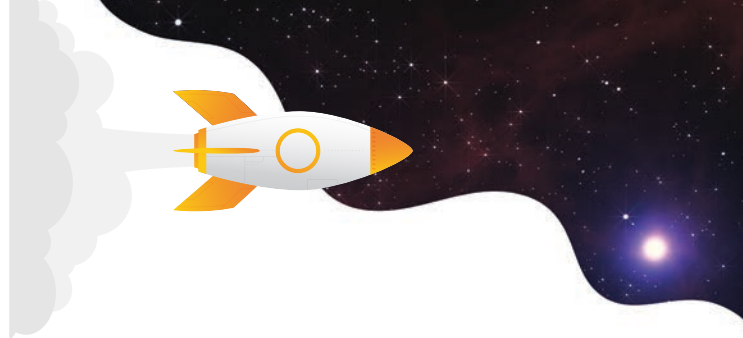


## Why have I been prescribed CosmoCol®?

CosmoCol® is a type of laxative known as a macrogol and it is prescribed for individuals who have been diagnosed with constipation.

The aim of the treatment is to produce a daily soft formed stool that is easy to pass. This is typically, a type 4 poo on the Bristol stool form chart.



### Further information

For further information on CosmoCol® please speak to your GP, nurse or pharmacist.

You can also get useful information from:

**England NHS 111**  
111 / [www.nhs.uk](http://www.nhs.uk)

**Scotland NHS 24**  
111 / [www.nhs24.scot](http://www.nhs24.scot)

**Wales/Galw Lechyd Cymru NHSDirect**  
0845 4647 / [www.nhsdirect.wales.nhs.uk](http://www.nhsdirect.wales.nhs.uk)

**Northern Ireland NI Direct**  
[www.nidirect.gov.uk](http://www.nidirect.gov.uk)

**Bladder & Bowel UK**  
0161 214 4591 / [bbuk@disabledliving.co.uk](mailto:bbuk@disabledliving.co.uk)

**Down Syndrome UK**  
[www.downsyndromeuk.co.uk](http://www.downsyndromeuk.co.uk)  
[www.positiveaboutdownsyndrome.co.uk](http://www.positiveaboutdownsyndrome.co.uk)

Alternatively, you can contact Stirling Anglian Pharmaceuticals at:

Stirling Anglian Pharmaceuticals Ltd  
Hillington Park Innovation Centre  
1 Ainslie Road, Hillington Park  
Glasgow G52 4RU

☎ 0345 527 0680

✉ [info@stirlinganglianpharmaceuticals.com](mailto:info@stirlinganglianpharmaceuticals.com)

🌐 [www.stirlinganglianpharmaceuticals.com](http://www.stirlinganglianpharmaceuticals.com)

**Always read the Patient Information Leaflet that comes with the pack of medicine.**

This Patient Guide has been produced as a service to medicine by Stirling Anglian Pharmaceuticals Limited.

 **STIRLING ANGLIAN**  
PHARMACEUTICALS

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## BRISTOL STOOL SCALE



**TYPE 1**

Separate hard lumps, like nuts (difficult 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



**TYPE 6**

Fluffy pieces with ragged edges - a mushy stool



**TYPE 7**

Watery, no solid pieces, entirely liquid (diarrhoea)

The Bristol Stool Form Scale was developed by researchers at the University of Bristol as a means to evaluate stool form and to identify whether there is a correlation between stool form and intestinal transit time.<sup>1</sup> It remains in use as a simple way for patients and physicians to identify stool form and abnormal bowel behaviour.

### References

1. Lewis SJ, Heaton KW. Stool form scale as a useful guide to intestinal transit time. *Scand J Gastroenterol* 1997;**32**:920-924

# CosmoCol®

Macrogol 3350, sodium chloride, potassium chloride and sodium hydrogen carbonate

## Treating constipation with CosmoCol®

### Adults



## What if I don't like the taste of the made up CosmoCol® solution?

CosmoCol® comes in a variety of flavours (plain, orange, lemon and lime, and orange, lemon and lime) so if you do not like the current flavour you have, please ask for another flavour when you finish the sachets if you need a further supply.

Just to be aware that CosmoCol® half only comes in a combined orange, lemon and lime flavour so if you were wanting to change to another flavour you would have to take note of the change in dose of the other flavours and adjust the number of sachets taken accordingly.

The made-up solution does not have to be taken all at once and can be taken in divided doses. So, for example you could take 30-60ml or so at a time keeping the rest in the fridge in-between doses.



Lemon and Lime



Orange,  
Lemon and Lime



Orange



Plain

## How do I know how much CosmoCol® to take?

The exact dose of CosmoCol® you will require will depend on several factors including the length of time you have been constipated and your response to treatment.

However, most adults will start on 1 sachets a day or, 2 sachets if taking CosmoCol® Half, and the dose then adjusted if necessary. CosmoCol® does not need to be taken at a specific time and can be given with food. However, do try and get into a routine of taking it at the same time each day.

## How will I know if I need to adjust the dose?

As a rule, we would want individuals to open their bowels at least 3 times a week (ideally daily) with no more than 3 stools a day. So, the consistency and frequency of your stool will tell you if, and when, the dose needs to be adjusted. If the frequency and consistency of your stool changes, so it is outside the range that you have been advised to aim for, then that is when you may need to adjust the dose of CosmoCol®.

The frequency and consistency of your stool are equally important. So, for example, although we aim for a daily bowel movement if you are passing at least three stools a week, at the required consistency, then that is fine, and you should continue taking the same dose. However, if you are passing a stool at least 3 times a week but the stool is becoming harder, making it more difficult to pass, or too soft or watery then again you know it may be time to adjust the dose.

Likewise, if the frequency of your stool changes to less than 3 times a week or increases to more than 3 times a day then that tells you that the dose of CosmoCol® may need to be adjusted.



## How much should I adjust the dose by?

If your stool becomes harder, more difficult to pass or less frequent you will usually be advised to initially increase by 1 sachet of CosmoCol® up to a maximum of 3 sachets per day (6 sachets if you are taking CosmoCol® Half).

Conversely if your stool becomes too soft or too frequent then you may be advised to reduce by 1 sachet per day. If you are taking just one sachet, then you could reduce to half a sachet.

If the dose taken of CosmoCol® results in regular soft formed stools then you should remain on that dose. As the bowel recovers from the constipation you may well find that you will naturally start to reduce the dose as your stool becomes more softer or frequent until eventually it can be discontinued altogether.

As CosmoCol® works on the stool as it is being formed it can take a day or two for the change in the dose to have an effect on the consistency or frequency of the stool. Therefore, do not alter the dose of CosmoCol® more frequently than every other day so that the effect of changes to the dose can be seen.

## How long should I continue to take the CosmoCol®?

The length of time you need to continue taking CosmoCol® will depend very much on how long the constipation has been present and your overall response to treatment. The usual treatment time is up to 2 weeks. If your symptoms have not improved after that time and you feel you need to continue taking CosmoCol® then do seek further advice from your healthcare professional or pharmacist.

## Can I stay on CosmoCol® longer than 2 weeks?

Under the advice of a healthcare professional, some individuals under certain circumstances, may need to continue take CosmoCol® for the longer term.

## Side Effects

Like all medicines CosmoCol®, can cause some side effects, although not everyone will experience them. Common ones include bloating, flatulence and nausea. For more information about side effects please read the leaflet included with this medication. If you do experience any side effects, including any not listed, or you have any concerns regarding continuing or adjusting the dose of CosmoCol® then do speak to your healthcare professional or pharmacist.