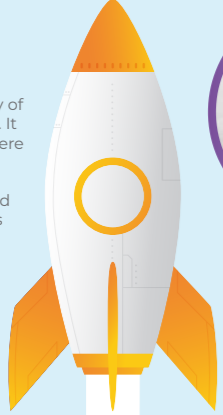


Choose your poo

The Poo Chart (Bristol Stool Form Scale)

The Bristol Stool Form Scale was developed by researchers at the University of Bristol. It is a way of looking at stools. It helps to see if there is a relationship between what stools are like and how the bowel is working.¹



	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)

References

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

How to help constipation

Although laxatives are recommended to treat constipation there are things that can be done to improve your child's constipation and help prevent it coming back.

Diet

Children who are weaned should be encouraged to eat fruit and vegetables. Fruits with stones, such as peaches and plums, contain higher levels of sorbitol (which is a natural laxative). Prunes can be very helpful.



Fibre rich foods are also to be encouraged, however foods that contain soluble fibre, such as oats, apples and beans, are preferable to insoluble fibre, such as wheat and bran, which in some cases can make constipation worse.

Fluids

Toddlers and pre-school children should drink about 1200mls per day. Primary age children and teenagers should have 1500-2500mls. They should have more if they are exercising, overweight, or the weather is hot.

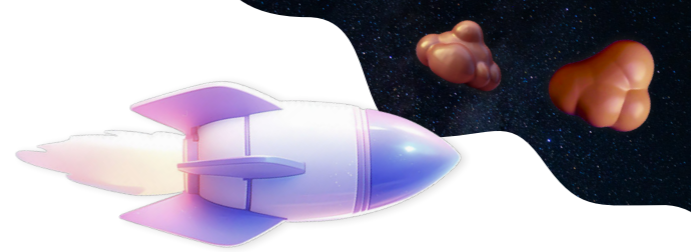


Sitting on the potty/toilet

Children should be encouraged to sit on the potty or toilet in a routine, once a day, about 15 -20 minutes after a meal. This is because if children have been constipated for some time they may not get the feeling when they need to do a poo. This feeling should come back as the constipation improves



Children should sit on the potty or toilet with their bottom well supported. They should have their feet flat and slightly apart on a firm surface. Their knees should be higher than their hips. This helps to straighten the end of the bowel and relax the pelvic floor, making it easier for them to do a poo.



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

Scotland NHS 24
111 / www.nhs24.scot

Wales/Galw Lechyd Cymru NHS Direct
0845 4647 / www.nhsdirect.wales.nhs.uk

Northern Ireland NI Direct
www.nidirect.gov.uk

Bladder & Bowel UK
0161 214 4591 / bbuk@disabledliving.co.uk

Down Syndrome UK
www.downsyndromeuk.co.uk
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

🌐 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.



CosmoCol Paediatric®
Macrogol 3350, sodium chloride, potassium chloride and sodium hydrogen carbonate

Advice for parents of children prescribed CosmoCol® Paediatric



CosmoCol® Paediatric 6.9G powder for oral solution - Macrogol 3350 plus electrolytes

(also known as macrogol compound half strength)

CosmoCol® Paediatric is a laxative and is used to treat constipation. It comes in powdered form. It has an orange and lemon and lime flavour. Before giving this medicine please read the information leaflet contained within the packaging.

if your child is taking other medicines or has thickened fluids, speak to their doctor or pharmacist before giving them CosmoCol®. Some medicines may need to be given at a different time to CosmoCol®. CosmoCol® Paediatric, like all macrogols, must not be used with starch-based thickeners. This is because macrogols and starch-based thickeners interact and result in thin watery liquid which may not be swallowed safely.

CosmoCol® Paediatric is suitable for the treatment of constipation in children aged 2 to 11 years and for the treatment of faecal impaction in children aged five years or older.

Each sachet should be mixed with 62.5 mls of water, which is about a quarter of a glass. It is the water that forms the active part of the laxative, so it is very important that it is always mixed with the correct amount.

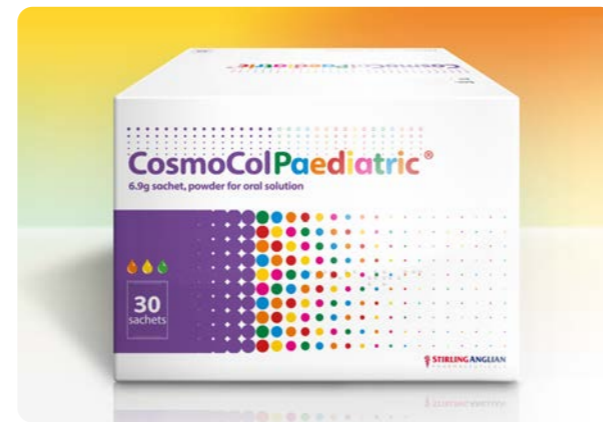
The water that it is mixed with is not absorbed into the body (it binds with the poo/stool to bulk it up and keep it soft) so should not be included as part of your child's daily fluid intake.

How and when to take

Once made up CosmoCol® Paediatric can be taken at any time with or without food.

Once made up the CosmoCol® Paediatric solution can be covered and stored in the refrigerator if necessary. It can therefore be given in divided doses if your child is unable to take it all at once. However, it needs to be used up within 24 hours and any solution left after that time should be thrown away.

It is best to try and give it at roughly the same time every day, if possible, as that way you are less likely to forget a dose. If you do forget to give a dose, then give it as soon as you remember but don't give double the dose for any that have been missed.



 Orange, Lemon and Lime

How much to take

Constipation: The recommended dose will depend on your child's age, the length of time they have been constipated and their response to treatment.

For children age 2-6 years the starting dose is 1 sachet

For children aged 7-11 years the starting dose is usually 2 sachets

Your child's doctor or nurse will tell you what dose to give.

CosmoCol® Paediatric works by altering the consistency of the poo as well as how frequently it is passed. The usual aim is for your child to easily pass soft poo once to three times most days.

You may therefore be advised to gradually increase the dose of CosmoCol® Paediatric until the poo is being passed at the right frequency and consistency for your child. The usual maximum dose is up to 4 sachets a day.

CosmoCol® Paediatric, like all macrogols, can take 1-2 days to work so you will be advised to not alter the dose too frequently as otherwise it will be difficult to identify the most optimum dose for your child to take. If you change the dose do not do it more often than than every other day. This will let you see what effect the changed dose has on your child's poo.

Most children will need to stay on CosmoCol® Paediatric for many months. If you find that your child's poo is becoming too soft or too frequent you will usually be advised to reduce the dose. Alternatively, if you find that your child's poo is becoming hard, infrequent, or difficult to pass then you may well be advised to increase the dose.

Faecal impaction

Long term constipation can lead to faecal impaction when the poo collects in your child's lower bowel and rectum. It then becomes so large it gets stuck in your child's bottom and they are unable to pass it.

The treatment course for faecal impaction usually lasts up to 7 days as per below.

Number of CosmoCol® Paediatric sachets							
Age	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
5-11 years	4	6	8	10	12	12	12

The sachets do not need to be taken all at once. They can be taken in divided doses throughout the day. However, each daily dose needs to be taken within 12 hours - for example between 7.00am and 7.00pm. For convenience it can be made up all at once in a jug and then kept in the fridge.

It usually takes between 5-7 days for your child to disimpact. The disimpaction is said to be complete when your child has passed a large amount of poo which then turns watery.

Once your child has been disimpacted your healthcare professional will advise about then continuing with the maintenance dose. This can vary but it usually starts at half the maximum disimpaction dose adjusted as necessary.


Usually, most children will need to stay on the maintenance dose for at least 6 months if not longer.

Side effects

Like all medicines CosmoCol® Paediatric, can cause some side effects, although most children will not experience them. Common ones include bloating, flatulence (wind) and nausea. For more information about side effects please read the leaflet included with this medication. If your child experiences these or any other side effects, please tell your healthcare professional.



How to make up CosmoCol® Paediatric

-  Open the sachet and pour the powder into a glass
-  Add 62.5 mls of water
-  Give it a good stir to help the powder dissolve – this could take a minute or two
-  The made-up solution will appear slightly cloudy

