

Laxido[®]

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

Laxido Module 1

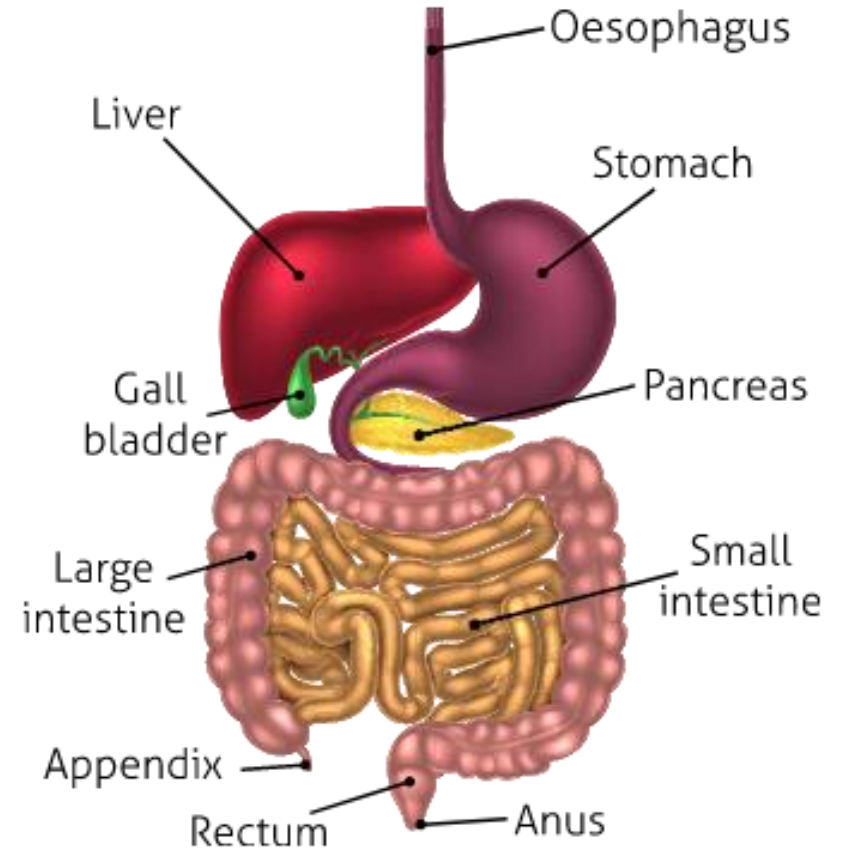
Constipation: Definition and Diagnosis

For internal illustrative purposes only.
This module is for the UK market.



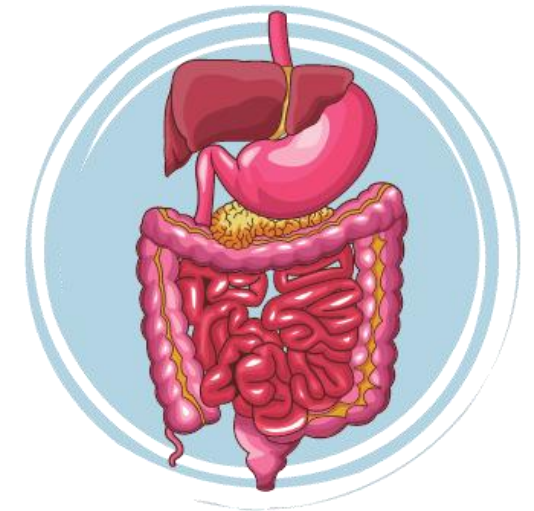
The Digestive System¹

- The digestive system is made up of the gastrointestinal (GI) tract
- It is a series of hollow organs joined in a long, twisting tube from the mouth to the anus
- The hollow organs that make up the GI tract are the mouth, esophagus, stomach, small intestine, large intestine—which includes the rectum—and anus
- Food enters the mouth and passes to the anus through the hollow organs of the GI tract



How does digestion work?¹

- Digestion works by moving food through the GI tract
- Digestion begins in the mouth with chewing and ends in the small intestine
- As food passes through the GI tract, it mixes with digestive juices, causing large molecules of food to break down into smaller molecules
- The body then absorbs these smaller molecules through the walls of the small intestine into the bloodstream, which delivers them to the rest of the body
- Waste products of digestion pass through the large intestine and out of the body as a solid matter called stool



The Digestive Process¹

Organ	Movement	Digestive Juices Used	Food Particles Broken Down
Mouth	Chewing	Saliva	Starches
Esophagus	Swallowing	None	None
Stomach	Upper muscle in stomach relaxes to let food enter and lower muscle mixes food with digestive juices	Stomach acids (+ digestive enzymes)	Proteins
Small intestine	Peristalsis	Small intestine digestive juices	Starches, proteins, carbohydrates
Pancreas	None	Pancreatic juice	Starches, fats and proteins
Liver	None	Bile acids	Fats

What is Constipation?²

Constipation is a common condition that affects people of all ages.

Doctors define constipation in a number of ways:

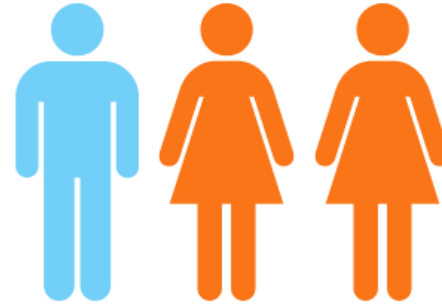
- ✓ Opening the bowels less than three times a week
- ✓ Needing to strain to open your bowels
- ✓ Passing a hard or pellet-like stool



Prevalence of Constipation³



Constipation can occur in people of any age. It's estimated that around **1 in every 7 adults** and up to **1 in every 3 children** in the UK has constipation at any one time.



The condition affects **twice** as many **women** as men.



It is also **more common** in **older adults** and during **pregnancy**.

Constipation in Children

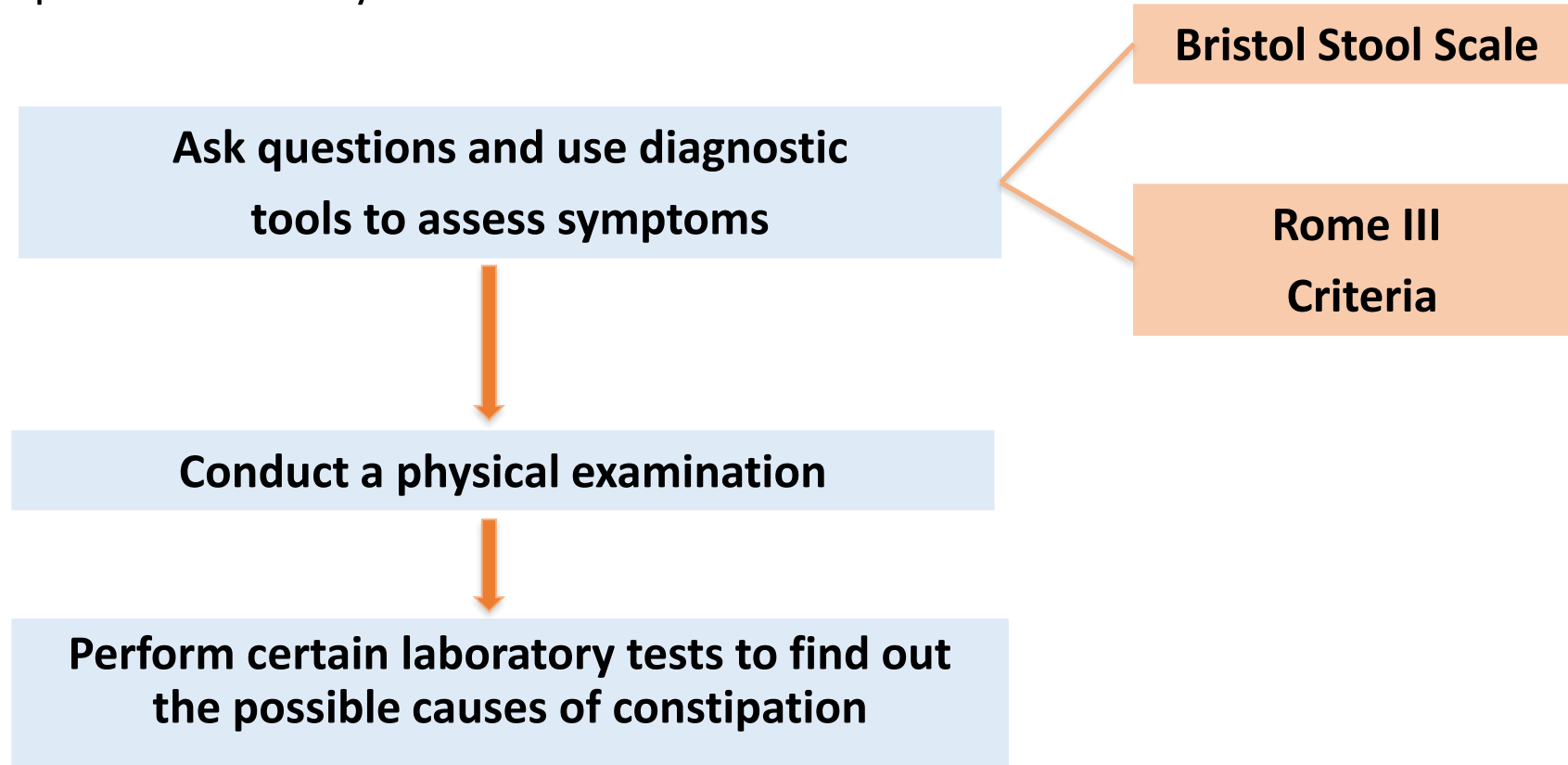
Constipation in children is a common problem affecting up to 1 in 3 children at any one time³

- ✓ Typically characterised by infrequent bowel evacuations, large stools and difficult or painful evacuation⁴
- ✓ About a third of patients develop chronic symptoms and referral to secondary care is common⁴
- ✓ It is seen commonly in:⁴
 - Infants at weaning
 - Toddlers acquiring toilet skills
 - School age

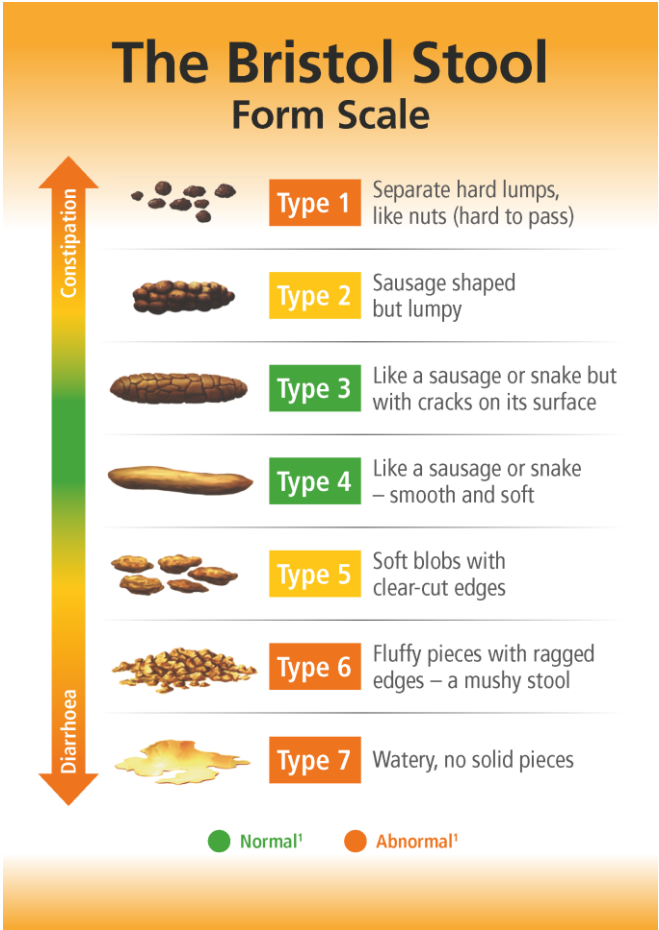


Diagnosing Constipation^{5,6}

A health care professional may:



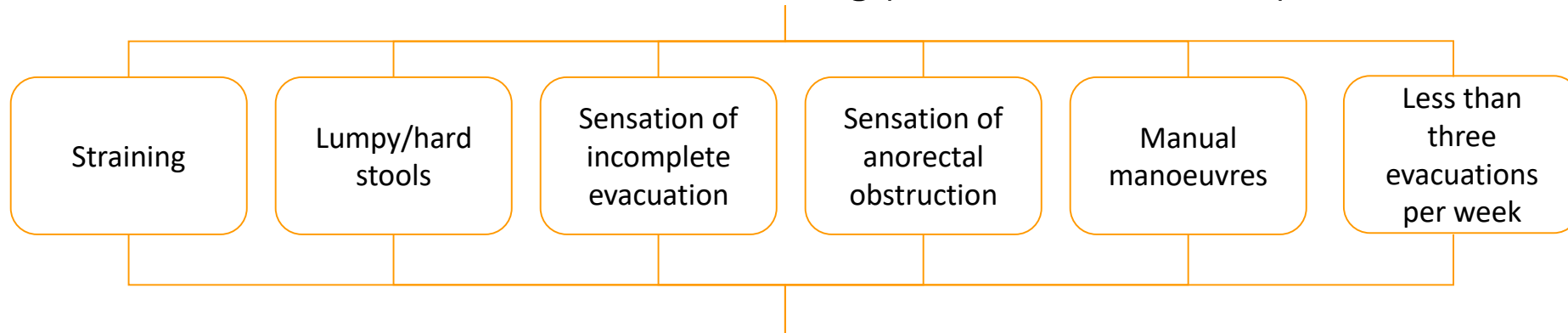
Bristol Stool Scale⁷



Type 1 and Type 2 indicate constipation

Rome III Criteria for Chronic Constipation⁸

Must include ≥ 2 of the following (> 25% of defecations)




Loose stools rarely present without laxative use
Insufficient criteria for IBS

**Criteria fulfilled for the last three months with symptom onset
at least 6 months prior to diagnosis**

Red Flag Symptoms⁹

- ✓ Rectal bleeding (hematochezia)
- ✓ Family history of colon cancer or inflammatory bowel disease
- ✓ Unexplained weight loss
- ✓ Anaemia
- ✓ Positive faecal occult blood test
- ✓ Acute onset of constipation in elderly persons



**Investigate
and treat appropriately;
colonoscopy may be indicated**

Common Causes of Constipation²

Constipation in adults has many possible causes. Sometimes there is no obvious reason.

The most common causes include:



Not eating enough fibre –
such as fruit, vegetables
and cereals



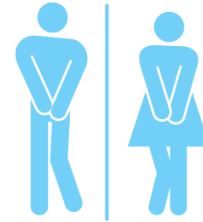
Not drinking
enough fluids



Not exercising or
being less active



A side effect of
medication



Often ignoring the
urge to go to the
toilet



Changing your diet
or daily routine



Stress, anxiety or
depression

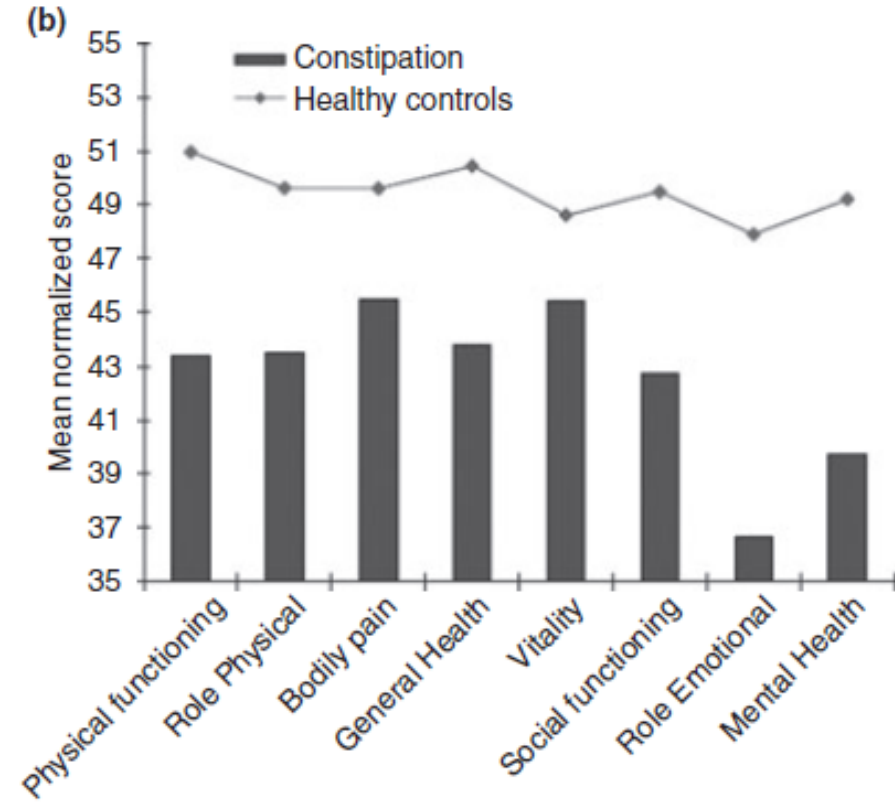
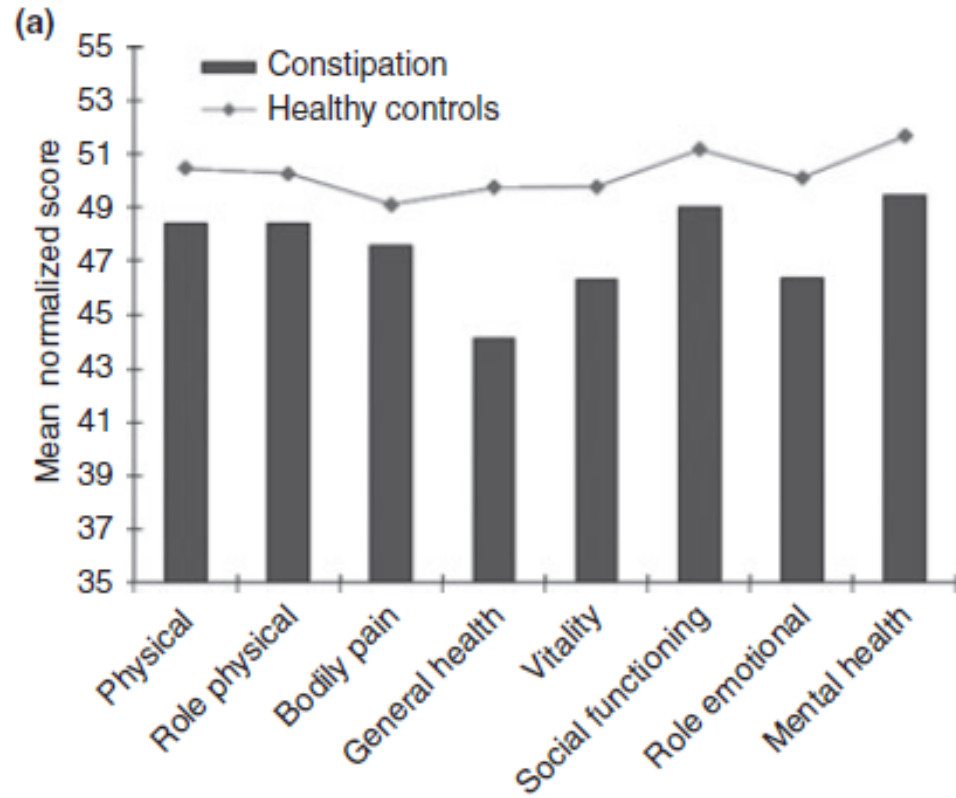
- ✓ Constipation is also common during pregnancy and for 6 weeks after giving birth.
- ✓ In much rarer cases, constipation may be caused by a medical condition.

Complications of Constipation¹⁰

- ✓ Haemorrhoids
- ✓ Anal fissure
- ✓ Faecal impaction
 - Bowel incontinence
 - Rectal prolapse



Impact on Quality of Life¹¹



Mean normalized score for the eight domains of the SF-36 for constipated patients vs. healthy controls.
(a) Pooled results from four studies carried out in a community setting. (b) Pooled results from three studies carried out in a hospital setting

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