

What is faecal impaction?

If your child has not had a proper poo for several days or weeks, their poo (what doctors call faeces) may build up, become hardened and difficult and painful to pass. This is what doctors call faecal impaction.

What is Laxido® Paediatric Plain?

Laxido® Paediatric Plain is a laxative used for the treatment of chronic constipation in children aged 1–11 years. It is also used to treat faecal impaction in children aged 5–11 years.

Each sachet makes your child's poo (stools) softer and easier to pass, making it easier for them to go to the toilet.

How many sachets?

For chronic constipation

The usual starting dose of Laxido® Paediatric Plain is 1 sachet per day for children aged 1–6 years and 2 sachets per day for children aged 7–11 years.

The doctor may tell you to increase the number of sachets taken until your child has regular soft stools. If the dose needs increasing this is best done every second day. For children under 2 years, the dose should not exceed 2 sachets per day. In children aged 2–11 years, usually, no more than 4 sachets are needed to be taken in a day.

For faecal impaction

The daily number of sachets should be taken in divided doses, all taken within 12 hours (e.g. 8am–8pm).

| Number of Laxido® Paediatric Plain sachets | | | | | | | |
|--|-------|-------|-------|-------|-------|-------|-------|
| Age (Years) | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
| 5 to 11 | 4 | 6 | 8 | 10 | 12 | 12 | 12 |

Always make sure that your child finishes the course of treatment recommended. This will make sure that your child's constipation is cleared; otherwise the symptoms they are suffering from may persist.

What else can help?

The following 5-step guide may help your child:

- ✓ Drink more fluids than usual e.g. 6–8 drinks per day
- ✓ Eat 5 portions of fruit and vegetables per day
- ✓ Do some kind of exercise every day
- ✓ Sit on the toilet regularly e.g. after each meal
- ✓ Go to the toilet immediately if they need to

Things that can happen

Laxido® Paediatric Plain may cause some side effects, although not every child gets them. The most common ones are abdominal pain, stomach rumbling, a sore bottom, diarrhoea, feeling sick and being sick.

If your child is being treated for chronic constipation, diarrhoea will usually improve when the dose is reduced.

There is also nothing to worry about if your child has very soft poo! It just shows that Laxido® Paediatric Plain is working.

If there is anything you are not sure about, please contact your doctor, nurse or pharmacist.

For more information

Your child's doctor, pharmacist or nurse will be able to give you more information about Laxido® Paediatric Plain and about other medicines used to treat constipation and faecal impaction.

You can also get useful information from:

England NHS - www.nhs.uk

Scotland NHS 24 - www.nhs24.scot

Wales/Galw Lechyd Cymru NHS - www.nhsdirect.wales.nhs.uk

Northern Ireland NI Direct - www.nidirect.gov.uk

ERIC, The Children's Bowel & Bladder Charity: 0808 169 9949 - www.eric.org.uk

NICE, Information for parents and carers about constipation - www.nice.org.uk/guidance/cg99

Keep a diary!

The Poo Diary and the Poo Chart included in this leaflet have been designed to help you take an active role in your child's health.

Use the chart to identify your child's type of poo and each time your child goes to the toilet, record the relevant information. Then bring the completed diary with you the next time you see your child's doctor or nurse.

Laxido®

Paediatric Plain

Always read the patient information leaflet that comes with Laxido® Paediatric Plain.

Reporting of side effects

If your child gets any side effects, talk to your doctor, nurse or pharmacist. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at yellowcard.mhra.gov.uk.

By reporting side effects you can help provide more information on the safety of this medicine.

Side effects should also be reported to Galen Limited on **028 3833 4974** and select the customer services option, or e-mail customer.services@galen-pharma.com.

This brochure was produced by Galen Limited as a service to medicine and is only intended for patients who have been prescribed Laxido® Paediatric Plain.

For further information on Laxido® Paediatric Plain please speak to your pharmacist or GP.

Alternatively you can contact Galen Ltd. at the following address:

Galen Limited

Seagoe Industrial Estate Craigavon BT63 5UA

Tel: 028 38 334974

Web: www.galen-pharma.com

E-mail: customer.services@galen-pharma.com

1. Heaton KW, et al. How bad are the symptoms and bowel dysfunction of patients with the irritable bowel syndrome? A prospective, controlled study with emphasis on stool form. *Gut* 1991; 32: 73–79.

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

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How to take Laxido® Paediatric Plain?

Always give your child **Laxido® Paediatric Plain** exactly as the doctor, nurse or pharmacist has told you. Check with them if you are not sure.

The powder should dissolve easily in water. Laxido Paediatric Plain has no flavour. If you like, you can add a flavour such as orange squash to the drink.

