Movicol® Paediatric for children with constipation
Information for parents and carers
**What is Movicol Paediatric?**
Movicol Paediatric is a medicine called an osmotic laxative. It comes in sachets which contain macrogol (polyethelyne glycol).

**What does Movicol Paediatric do?**
Movicol Paediatric passes through the gut without being absorbed into the body. The sachets are mixed with water or any drink. As the solution moves through the digestive tract the active ingredient prevents the water from being absorbed into the body, so it stays in the bowel. This increases the water content and volume of any stool that is in the bowel, making them softer and easier to pass.

**What is Movicol Paediatric used for?**
Movicol Paediatric is used in the treatment of a build-up of constipation (hard stool in the rectum and colon (lower bowel)). It is used in high doses for a short time to treat faecal impaction (where the bowel has become filled with hard stool), or in lower doses for longer term treatment, known as maintenance therapy.

**How should my child take Movicol Paediatric?**
Movicol Paediatric comes as a powder and each sachet needs to be mixed with at least 62.5mls (approx. ¼ cup) or more of water or other drinks.

There are two flavours available – unflavoured or chocolate.

There are lots of different ways to take Movicol Paediatric:
- Add flavoured squash or juice to the mixture.
- Mix the sachet with milk or milkshake.
- Add flavours and freeze in ice lolly moulds.
- Add to jelly mix and make according to the instructions on the jelly pack.
- Mix the sachet into hot drinks.
How much should I give my child?
The correct dose of Movicol Paediatric for your child will be calculated and prescribed by their doctor or specialist nurse. To help keep your child hydrated, you will need to make sure that they have additional drinks, as well as the Movicol, regularly throughout the day.

When should Movicol Paediatric start to work?
It may be a few hours or sometimes a day or two before your child passes soft stool. This will depend on how severely they are constipated.

How long will my child need to take Movicol Paediatric for?
If your child has chronic constipation they may need to take Movicol Paediatric regularly for months or even a couple of years. As it is known to be a safe medicine, it is best to take Movicol Paediatric for this time, rather than have long-term constipation. Your child’s doctor or specialist nurse will see them regularly to review the dose that they are taking.

Does Movicol Paediatric have any side effects?
All prescribed medicines have possible side effects, but very few children experience any when taking Movicol Paediatric. If they do, they may experience:
• stomach ache
• nausea and vomiting
• thirst and headache (possible signs of dehydration).

If you are concerned about your child while they are taking Movicol Paediatric seek medical advice immediately from your child’s GP or NHS 111 out of hours (dial 111 freephone from landlines and mobiles).
Can I give other medicines at the same time as Movicol Paediatric?
You can safely give medicines that contain paracetamol or ibuprofen, unless your child’s doctor or specialist nurse has told you not to. Check with their doctor, specialist nurse or a pharmacist before giving any other medicines to your child.

What if I forget to give the Movicol Paediatric?
If you miss a dose, give it to your child as soon as you remember. If the next dose is due very soon, it may be best to leave some time before giving them this.

How to contact us
If you have any questions you can contact the Paediatric Gastroenterology specialist nurses:

Tel: 01865 234 002
(Monday to Friday, 8.00am to 6.00pm)

Keep all medicines out of the reach of children.
Never give any medication prescribed for your child to anyone else. It may harm them even if their symptoms are the same.

If you have a specific requirement, need an interpreter, a document in Easy Read, another language, large print, Braille or audio version, please call 01865 221 473 or email PALSRJR@ouh.nhs.uk

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