

Macrogols ...

Macrogols include Medications such as: Movicol, Cosmocol, Laxido. These instructions apply to any of these medications ...



Macrogols are a medication that will aid with your child's constipation. The active ingredient in this medication is the water that you add to them. This water cannot be absorbed through the bowel wall. It stays in the bowel and combines with the faeces to break up any hard lumps and soften the faeces, making them easier for your child to pass.

ESSENTIALLY..... MACROGOLS ARE ONLY ADDING WATER TO YOUR CHILD'S STOOLS.

This guide shows an example of making 1 sachet. Please use the table on the right of this page to help with other sachet dosages.



Mix one sachet with water



PLAIN WATER

Empty the sachet of powder into a cup/glass/bottle. First add the right amount of cold water and stir until the powder has dissolved and the water is clear. The resultant liquid can be mixed with anything your child likes, to encourage them to drink it, e.g. squash, juice, hot chocolate, milk.

Your Child Has Been Prescribed.....	Amount Of Plain Water to Mix With the Sachets
1 Sachet	62.5 mls
2 Sachets	125 mls
3 Sachets	187.5 mls
4 Sachets	250 mls
5 Sachets	312.5 mls
6 Sachets	375 mls
7 Sachets	437.5 mls
8 Sachets	500 mls
9 Sachets	562.5 mls
10 Sachets	625 mls
11 Sachets	687.5 mls
12 Sachets	750 mls

Macrogols are a "binding with" medication. It works by binding with plain water. If mixed with anything else, it will not work.

Do not mix the powder straight into the milk/juice/flavoured drink – it needs to 'bind' with the water first.