

Movicol and Laxido

Oxford Pelvic Floor Centre: www.oxfordpelvicfloor.co.uk

Instruction for patients seen in the Oxford Pelvic Floor Centre

What are movicol and laxido?

Movicol and laxido are laxatives. They are similar drugs that are made by different companies and hence have different names.

How do they work?

They contain a substance called macrogol, which passes through the body without being absorbed from the gut. It works because it keeps hold of the water it is taken with and prevents it being absorbed. The extra water in the gut keeps the motions soft and prevents constipation. They also contain small amounts of salts to prevent dehydration and salt deprivation.

How do I prepare them?

Movicol and laxido come in sachet form and water needs to be added to them. The instructions for preparation are supplied with the laxative itself.

Are they safe?

Generally, both movicol and laxido have very few risks and interactions. A list of these is in the patient information leaflet which comes with the laxative itself.

Why this laxative and not another?

Movicol and laxido are both very safe laxatives. They tend to cause less bloating than some laxatives. Patients do not tend to become tolerant to them, in as much as when an individual has found an effective dose, this same dose will usually remain effective over the longer term.

How much should I take, if I am constipated?

Individual patients may differ in the amount of laxative that they require for

their problem. Patients may be recommended these drugs for a range of different indications, as shown below.

For the treatment of constipation.

Patients need to try to establish themselves on a regime of movicol/ laxido that gives them regular soft bowel motions. It is not essential that you open your bowels every day. The aim of these laxatives is to prevent the stools from being hard, to make it easier to empty your bowel and to reduce tummy pain. Individuals need different amounts and you will need to increase or decrease the amount that you take until you find the lowest effective, regular dose that controls your symptoms.

For use after anal surgery.

We often prescribe movicol and laxido after surgery. If you have had an bottom operation, such as haemorrhoid, fissure or fistula surgery, it can be uncomfortable to open you bowels immediately after surgery. These laxatives keep the stool consistency soft and minimise this discomfort.

For use after laparoscopic rectopexy.

We usually recommend a laxative to minimise straining after surgery as there is a small risk that doing so might damage the surgical repair before it has fully healed. When your bowels start to work, which may not be for four or five days after surgery, you may find that they are overactive. In such circumstances, you should reduce the movicol/ laxido to maintain soft, regular stools. Your surgeon will usually have given you guidance as to how long to continue with the movicol/ laxido.

Always Read the Label. This information sheet is intended for patients of the Oxford Pelvic Floor Centre only.

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