



CONSTIPATION RELIEF THAT LASTS!¹⁻³

Effective laxative with
a prebiotic effect for
natural long term
bowel regulation.



Please remember to
consult your healthcare
professional if your
symptoms persist

Duphalac[®]
Lactulose Solution

WHAT IS YOUR BOWEL MOVEMENT LIKE?



Is it once a day or once a week?

What is normal or what people call “regular”?

Is everyday bowel movement something that we should aim for?

You may be surprised to know that there are no clear answers to these questions. One thing is agreed: not everyone has bowel movements every day and you do not have to have a daily bowel movement to be considered “regular”.

However, just to give a range, a normal schedule is considered to be between 3 times a day to 3 times a week.⁴

Normal Schedule



CONSTIPATION IS NOT SIMPLY REDUCED FREQUENCY

In addition to no bowel movements in three days, the following symptoms may also indicate that you have constipation:⁴

- Feeling like you still need to have a bowel movement after you have had one
- Feeling like your intestines or rectum are blocked
- Having hard, dry stool that is difficult to pass
- Having fewer than 3 bowel movements in a week
- Straining to have a bowel movement

You can use the Bristol Stool Form Scale (given in the later part of this leaflet) to see if your stool characteristics indicate constipation.⁵

Several factors can alter your bowel habits

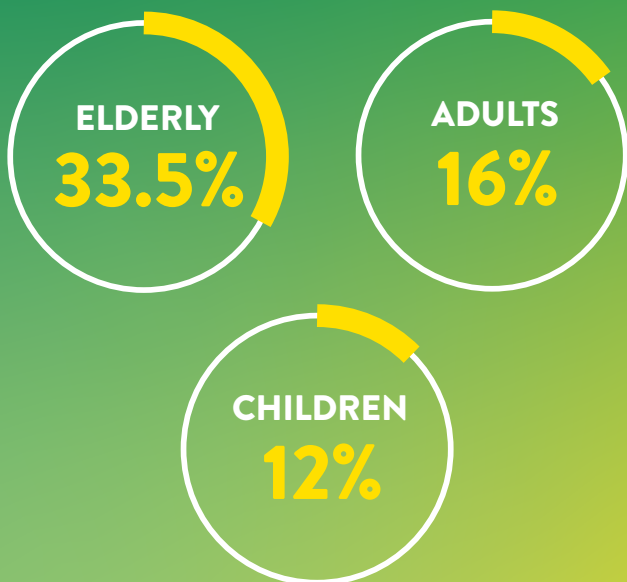
Constipation can be caused by your diet including too many processed foods and not enough fibre. Certain medicines can promote constipation including opioid medicine given for pain relief. If you do not drink enough water you may become dehydrated which can lead to constipation.⁴

Other factors include not enough physical activity and certain physical disabilities caused by such conditions as multiple sclerosis, strokes, diabetes and hypothyroidism. Pregnancy is also associated with constipation.⁴

CONSTIPATION CAN AFFECT ANYONE IN THE FAMILY

Constipation is one of the most frequently diagnosed gastrointestinal disorders.⁶

Unfortunately, some of us are at higher risk, especially the elderly and women in general.⁶ Up to **16%** adults, **12%** children and **33.5%** elderly are estimated to suffer from constipation.



KNOW YOUR BOWEL MOVEMENTS

Frequency of toilet visits is not the only way to assess your bowel movements. In fact, doctors consider stool form to be a better predictor, which can be easily determined using the simple scale shown below.⁵ Types 1 and 2 are associated with constipation.⁷

If in doubt, please consult your doctor for a detailed check-up.

Bristol Stool Form Scale⁵



TYPE 1

Separate hard lumps, like nuts (hard to pass).



TYPE 2

Sausage-shaped but lumpy.



TYPE 3

Like a sausage but with cracks on the surface.



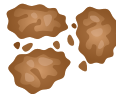
TYPE 4

Like a sausage or snake, smooth and soft.



TYPE 5

Soft blobs with clear cut edges.



TYPE 6

Fluffy pieces with ragged edges, a mushy stool.



TYPE 7

Watery, no solid pieces. Entirely liquid.

References:

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3. Schuster-Wolff-Buhring R, et al. Production and physiological action of the disaccharide lactulose. *Int Dairy J.* 2010;20(11):731-741.
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5. Lewis SJ, et al. Stool form scale as a useful guide to intestinal transit time. *Scand J Gastroenterol.* 1997 Sep;32(9):920-4.
6. Gallegos-Orozco JF, et al. Chronic constipation in the elderly. *Am J Gastroenterol.* 2012;107:18-25.
7. Lacy BE, et al. Bowel disorders. *Gastroenterology.* 2016;150:1393-1407.



Please consult your
physician for more
information.

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