

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

ARE YOU AT RISK OF CONSTIPATION?

Constipation can be the result of many causes relating to diet, physical activity, lifestyle and medical conditions that affect the way your intestines work.⁴

Although physical exercise and a high-fiber diet may help, the following factors increase the risk of constipation but they may not be the cause.⁴

- **Growing older**
- **Depression**
- **Inactivity**
- **Low calorie intake**
- **Certain medications**
- **Being female**
(women report constipation more frequently than men)

This list is not exhaustive: constipation has been associated with both the psychological and social circumstances of individuals.⁴



CONSTIPATION IS COMMON IN PREGNANCY

Constipation is a common problem during pregnancy.

Constipation may affect up to:
40% of women during pregnancy.⁵

There are many reasons why constipation is common during pregnancy.⁶

1. Not eating enough fiber (roughage) in your diet
2. Not drinking enough fluid
3. Some supplements taken in pregnancy like iron tablets, can cause constipation
4. Changes in hormone levels during pregnancy can slow the natural movement of the gut, and reduce the water content of the stools, making them hard to pass
5. The presence of the baby in your tummy may also increase the possibility of constipation⁵
6. Reduced exercise or 'bed rest' may increase the risk of constipation

CONSTIPATION CAN ALSO AFFECT CHILDREN

The frequency of bowel movements shows a general pattern of gradual decline with age in children.⁷

Frequency

Week 1 of life:



By 4 months:



By 4 years:



Majority of children 3+ years of age have bowel movements between 3 per day and 3 times per week.⁷

A number of dietary causes have been identified for constipation in children:⁷

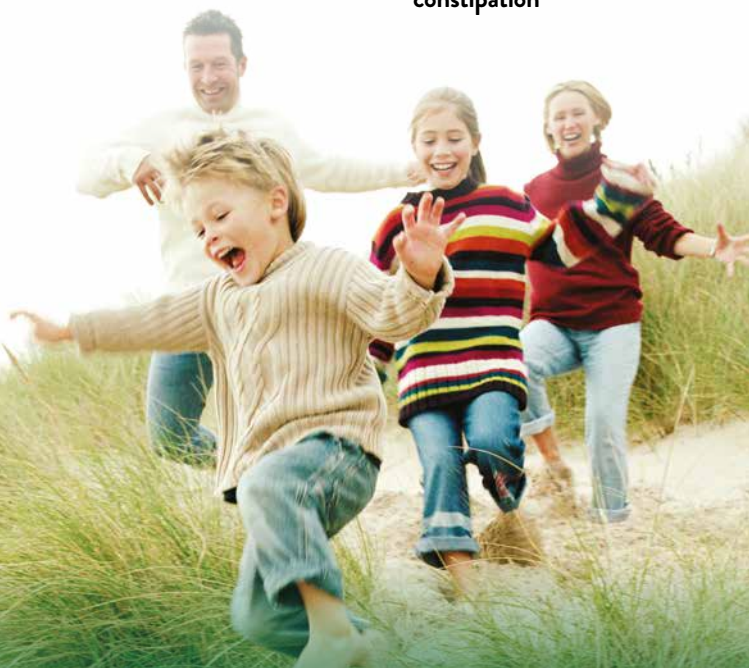
- Low fiber diet and high consumption of junk food
- Change to whole-milk formula (from breast milk/modified cow's milk)
- Inadequate fluid intake
- Excessive fluid loss (e.g., fever, diarrhoea, vomiting)

LIFESTYLE CHANGES MAY HELP YOU **AVOID CONSTIPATION**

Most cases of constipation can be managed adequately with a symptomatic approach.

Key considerations include:⁴

- Lifestyle and diet changes*
- Physical exercise
- Increase in fiber in diet**
- Increase in fluid intake
- Stopping or reducing medications that cause constipation



*There is no evidence that dietary and lifestyle measures have any effect on constipation in the elderly persons. Fiber supplements and simple osmotic laxatives are usually the effective way to deal with constipation in them.⁴

**Please note that increasing fiber intake should be done carefully. Excessive fiber intake is expected to aggravate bloating, flatulence and possibly abdominal cramps.⁸

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.
4. Lindberg G, et al. World Gastroenterology Organisation global guideline: Constipation-a global perspective. *J Clin Gastroenterol.* 2011;45(6):483-7.
5. Cullen G, O’Donoghue D. Constipation and pregnancy. *Best Pract Res Clin Gastroenterol* 2007; 21(5): 807-818.
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Please consult your
physician for more
information.

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