



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

IS CONSTIPATION INTERFERING WITH YOUR LIFE?

Constipation is common and it affects people of all ages. You can usually treat it at home with simple changes to your diet and lifestyle.

Some of the measures you could follow include⁴:

- Changes to your diet by drinking plenty of fluids (but avoiding alcohol) and increasing the amount of fiber you consume.
- Improve your toilet routine by trying to keep to a regular time and place and give yourself enough time to use the toilet.
- Don't delay if you feel the urge to go to the toilet.
- Make it easier by resting your feet on a low stool or, if possible, raising your knees above your hips.
- Increasing your physical activity, for instance by taking a daily walk or run can help encourage regularity.

If lifestyle changes do not resolve your constipation, a healthcare professional may recommend treatment with a laxative. There are four principal types of laxatives.⁵

- **Bulk-forming laxatives** work by increasing the bulk or weight of stools which then stimulates your bowel movement
- **Osmotic laxatives** draw water from your body into the bowel to soften the stools and make them easier to pass.
- **Stimulant laxatives** stimulate the muscles that line your gut and encourages them to move the stools along.
- **Softening laxatives** help water get into the stools to soften them and make them easier to pass.

These treatment options should be discussed with your doctor to decide which is suitable for you.

LACTULOSE IS AN OSMOTIC LAXATIVE SUITABLE FOR ALL AGES

Lactulose, an osmotic laxative, has long been available as a treatment of constipation for adults including pregnant or lactating women, children and the elderly.¹

Lactulose is suitable for use in all ages, so any member of your family can use it when needed.¹

The main site of action of lactulose is in our colon, where it is broken down by colonic bacteria into acidic molecules, which create an osmotic effect. More fluids enter the colon, increasing the volume of colonic contents. Subsequent stimulation of bowel movements and improved stool consistency results in relief from constipation.¹



HOW TO USE LACTULOSE

A single dose of lactulose should be swallowed in one and should not be kept in the mouth for an extended period of time. While you are taking lactulose it is recommended to drink sufficient amounts of fluids (**6-8 glasses**) during the day.⁶

During the therapy

6-8 glasses of fluid
per day

Lactulose is available in a choice of preparations.¹

The oral powder can be taken from a spoon or tipped directly onto the tongue and then washed down with a drink of water or fluid. The crystals may also be sprinkled on food or mixed with water or fluids before swallowing; disperse the powder through the fluid while stirring.

For oral solution in bottles the measuring cup may be used.

For 15ml single dose sachets the corner of the sachet should be torn off and contents taken immediately.

Lactulose is a prebiotic with potential benefits for your bowel health¹

Lactulose as a prebiotic substance strengthens the growth of health promoting bacteria, like *Bifidobacterium* and *Lactobacillus*, whereas bad bacteria, like *Clostridium* and *Escherichia coli* may be suppressed. This may lead to a more favourable environment of the intestinal flora.¹

WHEN TO CONSULT YOUR DOCTOR

You should talk to your doctor about your constipation when:⁴

- Your symptoms are not improving with treatment
- You are regularly constipated and it lasts a long time
- You are bloated and it lasts a long time
- You notice any blood in your stools
- You unexpectedly lose weight
- You feel tired all the time
- You are taking medicines that cause constipation (for example opioid pain medicines)



References:

1. Company Core Data Sheet. Lactulose. Abbott. January 2023.
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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. NHS. Constipation. Available from: <https://www.nhs.uk/conditions/constipation/> (accessed 10th December 2021).
5. NHS. Laxatives. Available from: <https://www.nhs.uk/conditions/laxatives/> (accessed 10th December 2021).
6. Duphalac Oral Solution. Patient Information Leaflet. Available from: <https://www.medicines.org.uk/emc/product/5525/pil> (accessed December 10th 2021).



Please consult your
physician for more
information.

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