

Latest Version

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Acute or Chronic constipation	If stools remain hard, add or switch to an osmotic laxative.	1st line: macrogols 2 nd line: lactulose	1-3 sachets daily in divided doses usually for up to two weeks, maintenance: 1-2 sachets daily. 15ml twice daily	24-48 hours 48 hours	Contents of each sachet should be dissolved in half a glass (approx. 125ml) water. Should not be used on a PRN basis.
	2 nd line If stools are soft but still difficult to pass or inadequate emptying, add stimulant laxative.	2 nd line: bisacodyl 5mg tablet or docusate sodium 100mg capsule or docusate sodium 50mg/ 5ml oral solution (if tablets		8–12 hours 10– 12 hours 1-2 days	Chronic use of stimulant laxatives may lead to colonic atony, tolerance, and hypokalaemia Initial doses should be low an gradually increased if necessary.
Chronic opioid therapy or Acute constipation due to short-term Opioid use	Osmotic laxative and a stimulant laxative	are not suitable) Osmotic: 1st line: macrogols 2nd line: lactulose Stimulants: 1st choice: senna tablets / senna liquid (if tablets are not suitable) 2nd choice: bisacodyl 5mg tablets or docusate sodium 100mg capsule or docusate sodium 50mg/5ml oral solution (if tablets are not suitable)	50ml/day) 1-3 sachets daily in divided doses. Usual dose in extended use is 1-2 sachets daily. 15ml twice daily 1-2 tablet / 5-10mls at night 1-2 tablets at night (max 4 at night) Up to 5 capsules in daily divided doses / 10-15ml three times a day (max 50ml/day)	24-48 hours 48 hours 8-12 hours 10-12 hours 1-2 days	Avoid using bulk-forming laxatives for opioid-induced constipation. Chronic use of stimulant laxatives may lead colonic atony, tolerance and hypokalaemia. Initial dose should be low and gradually increased as necessary-high doses (off label) may be required to achieve effect. For short term opioid treatment, advise that laxatives can be stopped once the stools become soft and easily passes
Indication		Laxative	Dose gradually titrate up or down to produce 1-2 soft, formed stools/day.	Time to take effect	Additional information
Chronic opioid therapy or Acute constipation due to short-term Opioid use	2 nd line for opioid induced constipation only	Naloxegol	25mg daily (refer to SPC if renally impaired). Refer to SPC for patients concurrently taking moderate CYP3A4 inhibitors (e.g. diltiazem, verapamil). When naloxegol therapy is initiated, it is recommended that all currently used maintenance laxative therapy should be halted, until clinical effect of naloxegol is determined		NICE criteria for naloxegol: an inadequate response, defined as opioid-induced constipation symptoms of at least moderate severity in at least 1 of the 4 stool symptom domains (that is, incomplete bowel movement, hard stools straining or false alarms) whil taking at least 1 laxative class for at least 4 days during the prior 2 weeks.
		l e for clinically appropriate patie ntinued in primary care where t	ents as per NCL formulary guida	nce, this must l	be initiated by the specialist an
Constipation in pregnancy/breast feeding	1 st line- bulk-forming la: 2 nd line-if hard stools ac laxative- e.g macrogol Or if soft stools but diffi	kative –ispaghula husk	See dosing as per above	As above	As above
	stimulant- senna.	to treatment is still inadequate,			
Fæcal Loading	stimulant- senna. 3 rd line-If the response consider prescribing a g	to treatment is still inadequate,			
	stimulant- senna. 3 rd line-If the response consider prescribing a g	to treatment is still inadequate,	8 sachets daily for a maximum of 3 days	24-48 hours	water, and consumed over 6 hours. Patients with a cardiac condition should not take > 2 sachets (in 250ml of water) in any one hour. Once
For soft stools or days treatment v	stimulant- senna. 3 rd line-If the response consider prescribing a g	to treatment is still inadequate, glycerol suppository. High dose of an oral macrogol (licensed for use in faecal	o sacriers daily for a	10- 12 hours	reconstituted store in fridge ar
For soft stools or days treatment vistarting or adding	stimulant- senna. 3 rd line-If the response consider prescribing a get/-Impaction Thard stools for hard stools after a few with a macrogol consider	to treatment is still inadequate, glycerol suppository. High dose of an oral macrogol (licensed for use in faecal loading/impaction) Bisacodyl tablets 5mg	maximum of 3 days 1-2 at night (max 4 at night)	10- 12 hours	water, and consumed over 6 hours. Patients with a cardiac condition should not take > 2 sachets (in 250ml of water) ir any one hour. Once reconstituted store in fridge ar discard after 6 hours Chronic use may lead to colonic atony, tolerance and hypokalaemia. Initial dose should be low and gradually