

Make a difference to your patients, recommend Movicol

Movicol is clinically proven to relieve constipation in adults, children, older patients and pregnant/breastfeeding women†

Recommending Movicol

FOR: Adults, older people, children 12+ years and pregnant/breastfeeding women†

AS: NICE-recommended, stimulant-free laxative^{4,13}

WORKS: By triggering a natural bowel movement in as little as 24 hours after consumption^{2,3}

PLUS: Supported by the guidelines^{4,13}



Clinically proven **superior efficacy** and tolerability versus **lactulose** and **ispaghula husk**^{15,16}

A non-stimulant laxative to recommend **NOW**

NEW DESIGN,
SAME EFFECTIVE,
AND TRUSTED
PRODUCT¹



NEW DESIGN, SAME EFFECTIVE,
AND TRUSTED PRODUCT¹



Movicol 13.8g sachet

Sachets containing macrogol 3350 13.125g, sodium chloride 0.3507g, sodium bicarbonate 0.1785g, potassium chloride 0.0466g. Dissolve in water to make a lemon and lime flavoured drink. For the treatment of chronic constipation and faecal impaction. **Adults, elderly and children 12+ years:** Chronic constipation: 1-3 sachets daily in divided doses, according to individual response. For extended use, reduce to 1 or 2 daily. Each sachet is to be dissolved in 125ml of water. Faecal impaction: 8 sachets daily, all to be consumed within 6 hours, for up to 3 days. For use in faecal impaction, 8 sachets may be dissolved in 1 litre of water. Not recommended for under 12yrs for whom alternative Movicol products are available. In impaired cardiovascular function, no more than 2 sachets to be taken in any 1 hour. No changes to dose are needed in renal insufficiency. **Contraindications:** GI obstruction or perforation, ileus, toxic megacolon or severe inflammatory conditions of the intestinal tract. Do not use if hypersensitive to the active substances or to any of the excipients. **Warnings and Precautions:** Does not replace normal fluid intake which must be maintained. May affect absorption of other medicines. Movicol is not recommended to be used with starch-based thickeners as it can worsen swallowing problems. Discontinue if symptoms develop indicating fluid/electrolytes imbalance. Pregnancy and Lactation: Movicol can be used. **Adverse Events:** Allergic reactions, including anaphylactic reactions, dyspnoea, and allergic skin reactions including angioedema, urticaria, pruritus, rash, erythema; electrolyte disturbances, particularly hyperkalaemia and hypokalaemia; headache; abdominal pain, diarrhoea, vomiting, nausea, dyspepsia, abdominal distension, borborygmi, flatulence and anorectal discomfort; Peripheral oedema. **PL 00322/0070; Legal category:** P. PL Holder: Norgine Pharmaceuticals Limited, Norgine House, UB9 6NS, UK. 30 sachets RRP £14.79. **Date of preparation:** January 2024.

References

1. Candy D, et al. *Gastroenterol.* 2016;3(3):1-24. 2. Nakajima, A, et al. *J Gastroenterol.* 2019;54:792-803. 3. Chaussade, S, & Minić, M. *Aliment Pharmacol Ther.* 2003;17:165-172. 4. NICE. Clinical Knowledge Summaries. Constipation. Last revised January, 2023. Accessed January, 2024. Available at: <https://cks.nice.org.uk/topics/constipation/>. 5. Bassotti, G, et al. *Clin Exp Gastroenterol.* 2021;14:413-428. 6. IQVIA. Sales macrogols on prescription. August 2023. 7. Bashir, A, & Sizar, O. Laxatives. StatPearls [Internet]. October, 2022. Accessed January, 2024. Available at: <https://www.ncbi.nlm.nih.gov/books/NBK537246/>. 8. NHS. Macrogol. Accessed January, 2024. Available at: <https://www.nhs.uk/medicines/macrogol/>. 9. NHS. Fybogel (ispaghula husk). Last reviewed January 2022. Accessed January, 2024. Available at: <https://www.nhs.uk/medicines/fybogel-ispaghula-husk/>. 10. NHS Senna. Last reviewed February 2022. Accessed January, 2024. Available at: <https://www.nhs.uk/medicines/senna/>. 11. NHS Bisacodyl. Last reviewed June 2021. January, 2024. Available at: <https://www.nhs.uk/medicines/bisacodyl/>. 12. Patient. Sodium picosulfate. Last updated August 2022. Accessed January 2024. Available at: <https://patient.info/medicine/sodium-picosulfate-dulcolax-pico-citrafleet-picolax>. 13. NICE. Constipation in children and young people: diagnosis and management. Guideline 99. May 2010. 14. Royal Pharmaceutical Society. Dealing with over-the-counter stimulant laxatives in community pharmacy. Pharmacy guide. August, 2020. Updated May, 2022. Accessed January 2024. Available at: <https://www.rpharms.com/resources/pharmacy-guides/dealing-with-over-the-counter-stimulant-laxatives-in-community-pharmacy>. 15. Wang HJ, et al. *Clin Drug Investig.* 2004;24(10):569-76. 16. Lee-Robichaud H, et al. *Cochrane Database Syst Rev.* 2010. Jul 7;(7):CD007570. doi: 10.1002/14651858.CD007570.pub2. PMID: 20614462.

Adverse events should be reported. Reporting forms and information can be found at yellowcard.mhra.gov.uk.
Adverse events should also be reported to Norgine Pharmaceuticals.

†Patients are required to talk to their doctor or pharmacy before taking medication when pregnant.



Make a difference for your patients, recommend

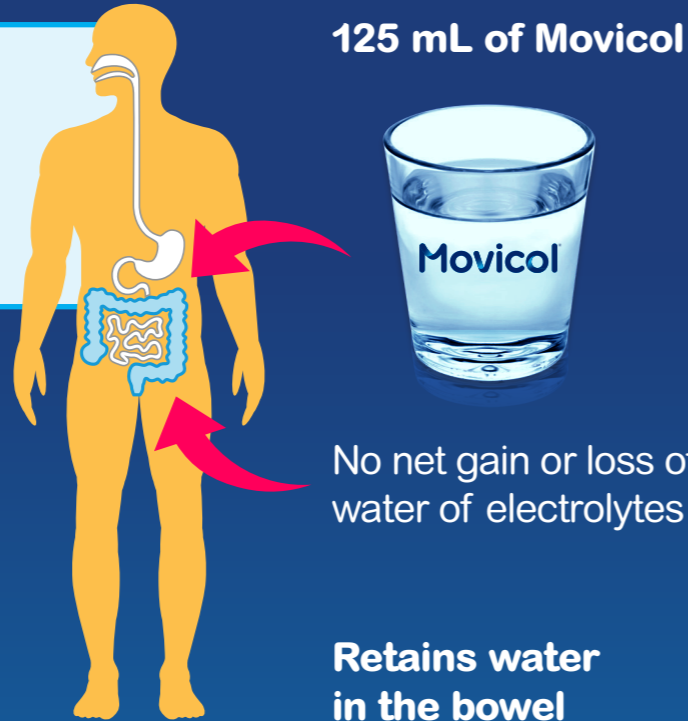
Movicol[®]

MACROGOL 3350, SODIUM HYDROGEN CARBONATE,
SODIUM CHLORIDE AND POTASSIUM CHLORIDE

Works differently*

A non-stimulant laxative working in harmony within the body, to help patients get on with their day

- ✓ VIRTUALLY UNABSORBED
- ✓ STRAIGHT TO STOOL
- ✓ ISO-OSMOTIC EFFECT²



As an osmotic laxative, Movicol binds to water in a glass. Once consumed, it remains unchanged and passes through the gut virtually unabsorbed²

Movicol then binds with the stool to trigger a natural bowel movement in as little as 24 hours^{2,3}

No net gain or loss of water of electrolytes

Retains water in the bowel

Movicol has a natural action that works in two ways



1. Hydrates and bulks

Each macrogol molecule bonds with 100 water molecules to hydrate and bulk stools¹



2. Soften and lubricates

This also softens and lubricates stools to aid passage through the bowels

Can be used in pregnancy[†] and breast feeding,⁴ as it is virtually unabsorbed and passes through the body unchanged

*To bulk forming and stimulant laxatives [†]Patients are required to talk to their doctor or pharmacist before taking medication when pregnant.

A different, unique prescription heritage

TRUST Movicol

25 yrs of clinical use¹

1st Macrogols are first line choice in elderly⁵

30% Macrogols account for 30% of laxative prescriptions⁶

	Movicol (iso-osmotic laxative)	Bulk-forming laxatives	Stimulant laxatives
Active	Macrogol 3350 + electrolytes	Ispaghula husk, sterculia, wheat, oat bran ⁴	Senna, bisacodyl, sodium picosulfate ⁴
Works by	Hydrating, bulking and softening stools to trigger natural bowel movement	Retains fluid in stool to increase weight and consistency ⁷	Stimulate bowel nerves to increase motility ⁴
Time to relief	24-48 hours ⁸ 67% had a bowel motion within 1 day of taking a macrogol-containing product ³	48-72 hours ⁴	6-12 hours ⁴
Duration of use	2 weeks	Ispaghula husk: 1 week ⁹	Senna: 3 days ¹⁰ Bisacodyl and sodium picosulfate: 5 days ^{11,12}
Use in pregnancy[†]	✓	✓	✗
Use in breastfeeding	✓	✓	✗
Position on NICE guidelines	Adults: 1st alternative to bulk-forming laxatives ⁴ Children: 1 st -line ¹³ (Movicol is only for 12 years plus)	Adults: 1 st -line ⁴ Children: Not recommended ¹³	Adults: 2 nd -line ⁴ Children: 2 nd -line ¹³ BUT P-medicines for 12+ years, GSL for 18+ years ¹⁴