

Laxatives	Recommended doses <sup>a</sup>
<b>Macrogols: the Vale of York CCG preferred Macrogol is Laxido</b>	
Polyethylene glycol 3350 + electrolytes	<p><b>Paediatric formula:</b> Oral powder: macrogol 3350 (polyethylene glycol 3350)<sup>b</sup> 6.563 g; sodium bicarbonate 89.3 mg; sodium chloride 175.4 mg; potassium chloride 25.1 mg/sachet (unflavoured).</p> <ul style="list-style-type: none"> <li>• <b>Disimpaction</b> <ul style="list-style-type: none"> <li>• Child under 1 year: 0.5–1 sachet daily (unlicensed recommended dose)</li> <li>• Child 1–5 years: 2 sachets on 1st day, then 4 sachets daily for 2 days, then 6 sachets daily for 2 days, then 8 sachets daily (non-BNFC recommended dose)</li> <li>• Child 5–12 years: 4 sachets on 1st day, then increased in steps of 2 sachets daily to maximum of 12 sachets daily (non-BNFC recommended schedule)</li> </ul> </li> <li>• <b>Ongoing maintenance</b> (chronic constipation, prevention of faecal impaction) <ul style="list-style-type: none"> <li>• Child under 1 year: 0.5–1 sachet daily (unlicensed recommended dose)</li> <li>• Child 1–6 years: 1 sachet daily; adjust dose to produce regular soft stools (maximum 4 sachets daily) (for children under 2, non-BNFC recommended dose)</li> <li>• Child 6–12 years: 2 sachets daily; adjust dose to produce regular soft stools (maximum 4 sachets daily)</li> </ul> </li> </ul>
<b>Osmotic laxatives</b>	
Lactulose	<ul style="list-style-type: none"> <li>• Child 1 month to 1 year: 2.5 ml twice daily, adjusted according to response</li> <li>• Child 1–5 years: 2.5–10 ml twice daily, adjusted according to response (non-BNFC recommended dose)</li> <li>• Child/young person 5–18 years: 5–20 ml twice daily, adjusted according to response (unlicensed recommended dose)</li> </ul>
<b>Stimulant laxatives: the Vale of York CCG preferred stimulant laxative is Senna</b>	
Senna <sup>e</sup>	<p>Senna syrup (7.5 mg/5 ml)</p> <ul style="list-style-type: none"> <li>• Child 1 month to 4 years: 2.5–10 ml once daily</li> <li>• Child/young person 4–18 years: 2.5–20 ml once daily</li> </ul> <p>Senna (non-proprietary) (1 tablet = 7.5 mg)</p> <ul style="list-style-type: none"> <li>• Child 2–4 years: 0.5–2 tablets once daily</li> <li>• Child 4–6 years: 0.5–4 tablets once daily</li> <li>• Child/young person 6–18 years: 1–4 tablets once daily</li> </ul>

<p>Docusate sodium<sup>f</sup></p>	<ul style="list-style-type: none"> <li>• Child 6 months–2 years: 12.5 mg three times daily (use paediatric oral solution)</li> <li>• Child 2–12 years: 12.5–25 mg three times daily (use paediatric oral solution)</li> <li>• Child/young person 12–18 years: up to 500 mg daily in divided doses</li> </ul>
<p>Bisacodyl</p>	<p>Unlicensed recommended doses</p> <p>By mouth</p> <ul style="list-style-type: none"> <li>• Child/young person 4–18 years: 5–20 mg once daily</li> </ul> <p>By rectum (suppository)</p> <ul style="list-style-type: none"> <li>• Child/young person 2–18 years: 5–10 mg once daily</li> </ul>
<p>Sodium picosulfate<sup>c</sup> (under secondary care)</p>	<p>Unlicensed recommended doses</p> <p>Elixir (5 mg/5 ml)</p> <ul style="list-style-type: none"> <li>• Child 1 month to 4 years: 2.5–10 mg once a day</li> <li>• Child/young person 4–18 years: 2.5–20 mg once a day</li> </ul> <p>Unlicensed recommended dose</p> <p>Perles<sup>d</sup> (1 tablet = 2.5mg)</p> <ul style="list-style-type: none"> <li>• Child/young person 4–18 years: 2.5–20 mg once a day</li> </ul>

<sup>a</sup> All drugs listed above are given by mouth unless stated otherwise. Unless stated otherwise, doses are those recommended by the British National Formulary for Children (BNFC) 2009. Informed consent should be obtained and documented whenever medications/doses are prescribed that are different from those recommended by the BNFC.

<sup>b</sup> At the time this pathway was created (January 2013) Movicol Paediatric Plain is the only macrogol licensed for children under 12 years that includes electrolytes. It does not have UK marketing authorisation for use in faecal impaction in children under 5 years, or for chronic constipation in children under 2 years. Informed consent should be obtained and documented. Movicol Paediatric Plain is the only macrogol licensed for children under 12 years that is also unflavoured.

<sup>c</sup> Elixir, licensed for use in children (age range not specified by manufacturer). Perles not licensed for use in children under 4 years. Informed consent should be obtained and documented.

<sup>d</sup> Perles produced by Dulcolax should not be confused with Dulcolax tablets which contain bisacodyl as the active ingredient.

<sup>e</sup> Syrup not licensed for use in children under 2 years. Informed consent should be obtained and documented.

<sup>f</sup> Adult oral solution and capsules not licensed for use in children under 12 years. Informed consent should be obtained and documented.

(Adapted from [NICE](#), laxatives presented as Vale of York CCGs preferred prescribing order)



Vale of York  
Clinical Commissioning Group

## Patient Information

**Medication leaflets:** As the macrogols are not licensed for children under 2 (although they are NICE recommended) the Laxido patient information leaflet will not reference children under 2 so please provide with the ERIC leaflets [Parents Guide to disimpaction](#) and [how to prepare Macrogol Laxative](#), [Laxido](#), [Lactulose](#), [Senna](#), [Bisacodyl](#), [Docusate sodium](#), [Sodium picosulfate](#)

**ERIC leaflets:** [Parents Guide to disimpaction](#); [how to prepare Macrogol Laxative](#); [Breastfed babies and constipation](#); [toileting reward chart](#); [poo diary](#)

**ERIC website:** <http://www.eric.org.uk/>

**Patient Information:** <http://patient.info/health/constipation-in-children-leaflet>