

## HOW TO PREPARE MACROGOL LAXATIVES

(Movicol, CosmoCol and Laxido are all names of macrogols)

Macrogol laxatives work by 'binding with' water and delivering it to the large bowel. It is essential therefore to mix it with the correct amount of water or it will not work!

Paediatric sachets should be mixed with at least 63mls water PER SACHET

Adult sachets should be mixed with at least 125mls water PER SACHET

Empty the sachet of powder into a cup/glass/bottle. First add the right amount of water and stir until the powder has dissolved and the water is clear. The resultant liquid can be mixed with anything your child likes, to encourage them to drink it e.g. squash, juice, hot chocolate, milk. **DO NOT** mix the powder straight into the milk/juice/flavoured drink – it needs to 'bind' with the water first.

### TIPS

- i) **Formula fed babies.** Mix the macrogol with 63mls previously boiled water per sachet. Top up to the right volume of water for the baby's feed and add the formula powder. Mix well.
- ii) **If your child does not like the taste,** try mixing the macrogol earlier and chill it in the fridge – it will last 6 hours after mixing (Laxido) or 24 hours (CosmoCol and Movicol).
- iii) **Try a flavoured macrogol** e.g. Movicol Chocolate, Orange/lemon/lime CosmoCol.