Lactulose

PHARMACY INFO SHEET

BC Renal Agency
An agency of the Provincial Health Services Authority

WHAT IT DOES:

Lactulose treats constipation. It may also be used for problems caused by liver disease.

HOW IT WORKS:

It causes an increase in water into the bowel. This increased water results in a softer stool that passes more easily.

HOW TO TAKE IT:

This medication can be mixed with half a glass of water or fruit juice to improve the taste. Take it as your doctor recommends. Some people take this on a regular basis and some people take it only when they feel they need it. Typically this medication is a component of a trio of bowel management medications. Docusate is tried first, then sennosides, then lactulose. Take this medication apart from other medications by at least one hour to avoid reduced absorption of the other medications. Avoid taking this medication if you are following a lactose-free diet.

WHAT TO DO IF YOU MISS A DOSE:

If you miss a dose, take the missed dose as soon as you remember. If you do not remember until the next dose is due, omit the missed dose and resume your regular dosing schedule. Do not double your dose or try to catch up by taking extra dose.

POSSIBLE SIDE EFFECTS:

Cramping, nausea, vomiting or diarrhea can occur. Gas or burping and loss of appetite may also occur. Call your doctor if diarrhea or cramps are severe.

RELATION TO DIET:

Talk to your dietitian about ways to help reduce constipation. Do not increase your intake of fruit, vegetables, juices or bran without talking to your dietitian (due to potassium).

WHY I AM TAKING THIS MEDICINE:

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