

## Disimpaction regimens

1. Macrogol oral powder 3350 ( <i>Movicol</i> ) <sup>1</sup>		
<b><i>Movicol Paediatric Plain</i></b> Preparation <ul style="list-style-type: none"> <li>Dissolve contents of each sachet in quarter of a glass (approx. 60–65 mL) of water. The reconstituted solution should be kept in a refrigerator and discarded if unused after 24 hours.</li> <li>Total daily dose to be divided and taken over 12 hours</li> </ul>	<b>6mo - 1 yr</b>	½ - 1 sachet daily
	<b>1-5 years</b>	Day 1: 2 sachets Increase in steps of 2 sachets every second day until maximum of 8 sachets Continue with 8 sachets daily for maximum 7 days or until disimpaction achieved.
	<b>5-12 years</b>	Day 1: 4 sachets Increase in steps of 2 sachets daily until maximum of 12 sachets Continue with 12 sachets daily for maximum 7 days or until disimpaction achieved.
<b><i>Adult Movicol or Laxido</i></b> Preparation <ul style="list-style-type: none"> <li>Dissolve contents of each sachet in half a glass (approx 125 mL) of water. The reconstituted solution should be kept in a refrigerator and discarded if unused after 24 hours.</li> <li>Total daily dose to be divided and taken over 6 hours</li> </ul>	<b>12-18 years</b>	Day 1: 4 sachets Increase in steps of 2 sachets daily until maximum of 8 sachets Continue with 8 sachets for maximum 7 days or until disimpaction achieved.

2. Sodium Picosulphate <sup>2</sup>		
<b>Sodium picosulfate</b>  Elixir - 5mg in 5 mL  Perles - 2.5mg per tablet. Not licensed under 4 years	<b>&lt;2 years</b>	2.5mg twice daily for 2-3 days
	<b>2-5 years</b>	5mg twice daily for 2-3 days
	<b>5-10 years</b>	10mg twice daily for 2-3 days
	<b>&gt;10 years</b>	10-15mg twice daily for 2-3 days

3. Citramag <sup>3</sup>		
<b><i>Citramag oral powder</i></b>  Preparation  Add contents of sachet to 200ml hot water, stir and allow to cool. Maintain low residue diet / clear fluids during treatment.	<b>5-9 years</b>	1/3 sachet as single dose repeated if required after 6 hours
	<b>10-12 years</b>	1/2 sachet as single dose repeated if required after 6 hours
	<b>&gt;12 years</b>	1 sachet as single dose repeated if required after 6 hours