



General Authority For Health Services for the Emirate of Abu Dhabi

**Al-Rahba Hospital
Department of Pharmacy**

Generic name: Lactulose



Why is this medication used?

- ✓ It is laxative to treat constipation.



How should this medication be used?

- ✓ Your doctor will tell you how much to take and how often.
- ✓ To make this medication taste better, you may mix it with about one-half glass of water, milk or fruit juice.



What special precautions should I follow?

- ✓ If you are pregnant or breast feeding, talk to your doctor before taking this medication.
- ✓ When you first take lactulose, it may take 24 to 48 hours before you have a normal bowel movement.
- ✓ Make sure your doctor knows if you have diabetes or if you have medical tests or surgery on your colon or rectum.
- ✓ You should Store this medication at room temperature, away from heat, moisture, and direct light. Keep all medications away from children.



What special dietary instructions should I follow?

- ✓ Your doctor may tell you to change your diet to include whole grains, bran, fruit and green leafy vegetables.
- ✓ It is best to avoid certain types of antacids such as Maalox or Mylanta. Check with your doctor or pharmacist.



What should I do if I forget to take a dose?

- ✓ Take the missed dose as soon as possible.
- ✓ If you do not remember the missed dose until the next day, skip the missed dose and go back to your regular dosing schedule.
- ✓ You shouldn't use two doses at the same time.



What side effects can this medication cause?

Notify your physician if you experience any of the following less serious side effects:

- Severe or non-stop diarrhea.
- Stomach pain or cramps.
- Vomiting/Nausea/Loss of appetite
- Gas or burping.