



EFFECTIVE MANAGEMENT OF CONSTIPATION

Constipation is a symptom-based disorder which describes defecation that is unsatisfactory because of infrequent stools, difficulty passing stools, or the sensation of incomplete emptying.¹ How can you support your customers to meet their needs and align with NICE guidance?

This *Guidelines for Pharmacy* card summarises key professional guidance to help you advise customers and make confident recommendations.

What the guidelines say

“ Encourage the person or carer to manage their symptoms by giving advice on: eating a healthy, balanced diet, and having regular meals; adequate fluid intake; increasing activity and exercise levels; and toileting routines – NICE¹ ”

“ If lifestyle measures are ineffective, or symptoms do not respond adequately, offer treatment with **oral laxatives** using a stepped approach – NICE¹ ”

“ Offer a bulk-forming laxative **first-line**, such as ispaghula – NICE^{[A][B]1} ”

Advice and discussion points

Advise on lifestyle measures, such as increasing dietary fibre, fluid intake, and activity levels.¹

Recommend a bulk-forming laxative, such as ispaghula, as the first step in constipation management when lifestyle changes are not enough.^{[A][B]1}

Explain how to take a bulk-forming laxative. Ispaghula should be taken following dosage instructions, with water, and preferably after meals.^{1,2}

Refer to GP if there has not been a bowel movement after 3 days of treatment.²

[A] If the person has opioid-induced constipation do not prescribe bulk-forming laxatives and check guidance.

[B] It is important for the person to drink an adequate fluid intake when taking bulk-forming laxatives.



RECOMMEND FYBOGEL FOR CONSTIPATION RELIEF



- 77% of constipation patients want a treatment that helps keep them regular.³

Key facts:

- Contains a bulk-forming laxative for when lifestyle changes are ineffective¹
- Absorbs liquid in the intestines and swells to form a bulky stool²
- Gently relieves constipation and helps restore and maintain regularity^{[C]2}
- Usually works within 12–24 hours²
- Suitable for long-term relief.^[C]

[C] If there hasn't been a bowel movement after 3 days of treatment, a doctor or healthcare professional should be consulted.

REFERENCES:

1. NICE. *Clinical knowledge summaries: Constipation*. NICE, 2021. Available at: <https://cks.nice.org.uk/topics/constipation/>
2. Fybogel Hi-Fibre Orange Granules SPC. Accessed March 2022. www.medicines.org.uk/emc/product/621
3. Reckitt. UK market research in 1000 adults. July 2019.

[Click here for the Long-form Essential Information](#)

ESSENTIAL INFORMATION:

Fybogel Hi-Fibre Orange: Each sachet contains 3.5 g ispaghula husk EP.

Indications: Treatment of patients requiring a high fibre regimen: e.g. for the relief of constipation, including constipation in pregnancy and the maintenance of regularity; for the management of bowel function in patients with haemorrhoids. Legal category: GSL, MA Holder: Reckitt Benckiser Healthcare UK Ltd, HU8 7DS. Information about this product including adverse reactions, precautions, contraindications and method of use can be found at: <https://www.medicines.org.uk/emc/product/621> (Fybogel Hi-Fibre Orange). MRRP: £3.99 (10s); £8.99 (30s). Date of last revision: December 2020

Adverse events should be reported. Reporting forms and information can be found at www.mhra.gov.uk/yellowcard. Adverse events should also be reported to Reckitt Benckiser Healthcare (UK) Ltd on: 0353 200 5345