

Lagolax[®]

Macrolog 3350



a feeling of being lighter

Obvious

Unabsorbed

Efficient



CONSTIPATION

THE SYMPTOMATOLOGY

Constipation is used to describe a variety of symptoms, including hard stools, excessive straining, infrequent bowel movements, bloating, and abdominal pain.

Constipation is defined as both "chronic constipation" and "occasional constipation." Between 5 and 6% of the population complain of chronic constipation (lasting more than 3 days) with only two bowel movements per week (2,3).

According to the Rome IV diagnostic criteria¹, at least 2 of the listed constipation symptoms need to be present for more than 3 months, in the absence of other alarm features such as blood in the stool or weight loss.

If these criteria are met, we can refer to it as primary chronic constipation. If not, we classify it as functional constipation.

Slow-transit constipation is attributed to a reduced frequency or absence of contractions that normally induce propulsive mass movements in the colon.

1. <https://theromefoundation.org/rome-iv/rome-iv-criteria/>

2. Constipation: Symptoms, causes, treatments, and home remedies

<https://www.medicalnewstoday.com/articles/150322>

3. World Gastroenterology Organisation Global Guidelines

Constipation: a global perspective <https://www.worldgastroenterology.org/UserFiles/file/guidelines/constipation-english-2010.pdf>



5 % of the population
65% are women

THE ORIGINS OF THE CONSTIPATION

With the exception of certain special cases, constipation, especially so-called "functional" constipation, is primarily attributed to contemporary lifestyles.

Eating excessive amounts of protein, insufficient fiber intake, dehydration, and a sedentary lifestyle are the main behaviors that need to be addressed.

Chronic constipation has a negative impact on the quality of life. It can lead to chronic inflammation of the digestive tract, recurrent pain, dermatitis, and even chronic allergies.

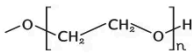


TREATMENT

THE MANAGEMENT

Macroglol¹ is a polymer of polyethylene glycol (PEG). Its long chain absorbs water, thereby enhancing the motility of the food bolus in the colon. When combined with electrolytes, it promotes the elimination of feces in the presence of functional constipation.

Highly tolerated, it is considered one of the best non-medicated laxatives.



Polyethylene glycol

HOW TO USE MACROGOL

The **dosage** depends on the frequency of constipation (occasional or chronic), the patient's age, and individual results.

For specific dosage guidelines², please refer to the "Dosage" section at the end of the brochure or consult the package insert.



1. Randomized Clinical Trial: Macroglol/PEG 3350 Plus Electrolytes for Treatment of Patients With Constipation Associated With Irritable Bowel Syndrome
Chapman, R W MD; Stanghellini, V MD; Geraint, M MB CHB; Halphen, M MD
American Journal of Gastroenterology 108(9):p 1508-1515, September 2013. | DOI: 10.1038/ajg.2013.197
https://journals.lww.com/ajg/abstract/2013/09000/randomized-clinical_trial_macroglol_peg_3350_plus.20.aspx

2. Bicarbonate Plus Macroglol 3350 Plus Potassium Chloride Plus Sodium Chloride
Related terms:
<https://www.sciencedirect.com/topics/medicine-and-dentistry/bicarbonate-plus-macroglol-3350-plus-potassium-chloride-plus-sodium-chloride>

CONSIDERATION AND OVERVIEW

In addition to treatment with Lagolax, it is important to consider the following points:

- ⇒ Constipation affects people aged over 55 years five times more than young people.
- ⇒ A sedentary lifestyle and lack of regular physical activity are the primary causes of constipation.
- ⇒ Therefore, it is recommended that such patients be motivated to engage in regular physical exercise for at least 1 hour per day.
- ⇒ A lack of fiber (found in rye bread, vegetables, and fruit) is essential for good digestion.

Various diseases and pregnancy can affect the digestive system and lead to constipation.

- ⇒ Constant stress and/or poor nutrition can cause colon irritation and contribute to constipation.
- Activities such as swimming, listening to relaxing music, and practicing yoga can be beneficial for these individuals.

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- osmotic action (purely physical activity)
- for functional and chronic constipation
- included electrolytes for a better ionic exchange

Lagolax is a powder useful for the creation of a suspension for oral intake useful in case of constipation.

A full sachet contains:

Composition:

Macrogol (3350) 13.125 g

Sodium chloride 0.351 g

Sodium bicarbonate 0.179 g

Potassium chloride 0.046 g

Excipients: Silicon dioxide, flavor, sodium saccharin

DOSAGE AND METHOD FOR USE:

Adults, elderly and children over 12 years: Take one full dose (13.88g) 1-3 times a day. In case of long-term administration, the dose can be reduced to 1-2 full sachets per day. Open the sachet along the line that marks the entire sachet, dilute the content in 125 ml (about a glass of still water).

Children from 7 to 11 years: half a sachet (6,94 g) twice a day.

Children from 3 to 6 years: half a sachet (6,94 g) once a day.

Open the sachet along the line that marks the half dose and dilute the content in 62.5 ml (about half glass of still water).

Do not use the product in children under 3 years.

