



Choose your

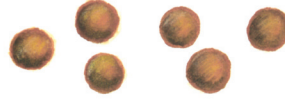
POO!

BRISTOL STOOL FORM SCALE

TYPE
1

Rabbit droppings

Looks like separate hard lumps, like nuts (hard to pass)



Increase
MOVICOL dose*

TYPE
2

A bunch of grapes

Looks like a sausage-shape but lumpy



Increase
MOVICOL dose*

TYPE
3 ✓

Corn on cob

Looks like a sausage but with cracks on its surface



Maintain
MOVICOL dose

TYPE
4 ✓

Sausage

Looks smooth and soft like a sausage



Maintain
MOVICOL dose

TYPE
5

Chicken nuggets

Looks like soft blobs with clear cut edges (passed easily)



Decrease
MOVICOL dose

TYPE
6

Porridge

Looks like fluffy pieces with ragged edges, a mushy stool



Decrease
MOVICOL dose

TYPE
7

Gravy

Looks watery, no solid pieces (entirely liquid)



Stop taking MOVICOL
for a day or two

*Refer overleaf for maximum recommended dosage. Adapted from concept by Professor DCA Candy and Emma Davey, based on the Bristol Stool Form Scale produced by Dr KW Heaton, Reader in Medicine at the University of Bristol. © 2000 Norgine Limited.

MOVICOL®

Macrogol 3350 plus electrolytes

When nature needs a nudge™

Gentle, effective relief from constipation

MOVICOL works in a natural way, taking water straight to the dehydrated stool, where it's absorbed and retained – triggering a natural bowel movement.

Due to this gentle mode of action, it may take 1 to 2 days from starting MOVICOL until the first stool is passed.

MOVICOL dosage – constipation (includes chronic constipation)

RECOMMENDED STARTING DOSE#

ADULTS and CHILDREN >12 years: 1 full strength sachet daily

CHILDREN 2-5 years: 1 half strength sachet daily

CHILDREN 6-11 years: 2 half strength sachets daily

Doctors may adjust the starting dose according to individual requirements

After one or two days of treatment refer to the Bristol Stool Chart overleaf to assess consistency of the stools and adjust dosage up or down

STILL CONSTIPATED?

No stool, or Type 1 or 2

Increase number of sachets*

NORMAL BOWEL MOVEMENT AND STOOL CONSISTENCY?

Type 3 or 4

Maintain dosage

LOOSE/WATERY STOOLS?

Type 5, 6 or 7

Reduce dosage, or stop (Type 7)

*Up to 3 full strength sachets for adults or 4 half strength sachets for children under 12 years

Your doctor may have prescribed a higher dose for the treatment of faecal impaction: please refer to patient leaflet and/or MOVICOL Product Information available at www.movicol.com.au

MOVICOL flavours and mixing

MOVICOL is available in lemon-lime and chocolate flavours, and flavour-free. Cordial may be added once MOVICOL has been mixed with the correct amount of water.

