

**LACTULOSE**

<b>Trade Name</b>	Laevolac Oral Solution
<b>Class</b>	Osmotic Laxative
<b>Mechanism of Action</b>	Lactulose is a semi- synthetic disaccharide. It is not absorbed by the gastrointestinal tract and draws fluid into the bowel producing osmotic diarrhoea. Lactulose also lowers the pH of the bowel which reduces formation of ammonia-producing organisms in the bowel. For this reason lactulose is also useful in management of hepatic encephalopathy.
<b>Indications</b>	Constipation
<b>Contraindications</b>	Galactosaemia, intestinal obstruction Use with caution in patients with lactose intolerance and hyperglycaemia
<b>Supplied As</b>	10 g/15 mL 1000mL bottle
<b>Dilution</b>	Not required
<b>Dosage</b>	0.5 – 2mL/kg/day - start at low dose and increase as needed
<b>Interval</b>	Once or twice a day
<b>Administration</b>	Oral
<b>Compatible With</b>	Can be mixed with milk or water
<b>Incompatible With</b>	Do not mix with other medication.
<b>Interactions</b>	No known interactions
<b>Monitoring</b>	Electrolytes, fluid status, stool frequency
<b>Stability</b>	Discard bottle 6 months after opening or on manufacturers expiry whichever is sooner.
<b>Storage</b>	Store at room temperature, Protect from light.
<b>Adverse Reactions</b>	Nausea, vomiting, flatulence, cramps
<b>Metabolism</b>	Mostly excreted in faeces
<b>Comments</b>	Onset of action may take 24 - 48 hours.
<b>References</b>	1. BNF for Children 2010-2011 2. Taketomo et al Pediatric Dosage handbook. Lexicomp 2009-2010 3. <a href="http://ww2.rch.org.au/pharmacopoeia/pages/lactulose.html">http://ww2.rch.org.au/pharmacopoeia/pages/lactulose.html</a>
<b>Updated By</b>	A Lynn, B Robertshawe April 2013 A Lynn, B Robertshawe March 2022 routine review