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Hepatic encephalopathy (adults only)
Adults: The usual starting dose is 3 to 4 times a day of 30-45ml.
Use in Children: No information is available for treatment of children (newborn to 18 years of age) with hepatic encephalopathy.
Use in elderly patients and patients with renal or hepatic impairment: No special dosage recommendations exist.
If you take more of this medicine than you should
If you take more of this medicine than you should stop taking Lactulose and talk to a doctor or pharmacist straight away.
You may have diarrhoea, loss of electrolytes and abdominal pain.
If you forget to take this medicine
If you forget to take a dose, do not worry. Just take your next dose at the usual time.
Do not take a double dose to make up for a forgotten dose.
If you stop taking this medicine
Do not stop or change the treatment before talking to your doctor.
If you have any further questions on the use of this medicine, ask your doctor or pharmacist.

amount of sugar. Therefore, you may need to adjust the dose of your anti-diabetic medicine.
Chronic use of unadjusted dosages (exceeding 2-3 soft stools per day) or misuse can lead to diarrhoea and disturbance of the electrolytes balance.
During the treatment with laxatives you should drink sufficient amounts of fluids (approx. 2 litres/day, equal to 6-8 glasses).
If you take this medicine for several days (2 to 3 days) and there is no improvement in your condition or if your symptoms worsen, please contact your doctor.
Children
In special circumstances your doctor may prescribe this medicine for a child, infant or baby. In these cases your doctor will supervise the treatment carefully. This medicine should only be given to infants and smaller children if indicated as it can influence the normal reflexes for passing stools.
Other medicines and Lactulose
Tell your doctor or pharmacist if you are taking or have recently taken or might take any other medicines.
Lactulose with food and drink
Lactulose can be taken with or without food. There are no restrictions on what you can eat or drink.

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Pregnancy, breast-feeding and fertility
Talk to your doctor or pharmacist before taking this medicine if you are pregnant, might become pregnant or are breast-feeding. This medicine can be used during pregnancy and when breast-feeding if necessary.
No effects on fertility are to be expected.
Driving and using machines
This medicine has no or negligible influence on your ability to drive safely or use machines.
Important information regarding the ingredients of this medicine
This medicine may contain small amounts of milk sugar (lactose), tagatose, galactose, epilactose or fructose. If you have been told by your doctor that you have intolerance to some sugars, contact your doctor before taking this medicinal product.
3. How to take this medicine
Always take this medicine exactly described in this leaflet or as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.
Taking this medicine

- Take this medicine from a spoon or measuring cup.

- You can mix it with fruit juice or water. It is recommended that you drink plenty of fluids (approximately 6-8 glasses throughout the day)
- Swallow the dose immediately. Do not keep it in your mouth as the sugar content may lead to tooth decay, particularly if this medicine is taken for long periods.
- This medicine takes 2 to 3 days to start working.
- After this time you may be able to reduce the dose you take according to your needs.

Constipation
Adults and adolescents: The starting dose is 15-45ml per day. After this dose can be adjusted to 15-30ml daily.
Children 7 to 14 years: The starting dose is 15ml. After this the dose can be adjusted to 10-15ml.
Children 1 to 6 years: The usual dose is 5-10ml daily
Infants under 1 year: The usual dose is up to 5ml daily.
Use in Children: Use of laxatives in children, infants, and babies should be exceptional and under medical supervision because it can influence the normal reflexes for passing stools. Please do not give this medicine to children (under 14 years) before consulting your doctor for prescription and careful supervision.

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MA Holder:
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PL 17907/0534 UK Only

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VS 10-12-24 D0

Dosage: For oral use. Read the package leaflet before use.
CONSTIPATION
Adults and adolescents: Initially 15-45 ml (3-9x5ml spoonfuls) twice daily.
Children 7 to 14 years: Initially 15 ml (3x5ml spoonful) daily. 5-10 years – 10ml (2x5ml spoonfuls) twice daily.
The above dosage serves as a guide. Dosage may vary depending on the condition. Eventually the dosage should be adjusted, usually reduced to meet the needs of the individual. Do not exceed the stated dose.
Children 1 to 6 years: Usually 5-10 ml (1-2 ml spoonfuls) daily.
Infants under 1 year: Usually 5 ml (1 spoonful) daily.
HEPATIC ENCEPHALOPATHY (Adults only): Initially 30-45 ml (6-9x5 ml spoonfuls) 3 to 4 times daily. Adjust dose to produce 2 or 3 soft stools daily.
Storage: Keep out of the sight and reach of children.
Store below 25°C. Use within 12 months of first opening.

Lactulose
oral solution
✓ **Relieves Constipation**

300 ml
**3.335 g/
5 ml**

Ingredients: Each 5 ml of oral solution contains 3.335 g of lactulose. Also contains small amounts of lactose, galactose, tagatose, epilactose and fructose. See leaflet for further information.



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Lactulose
#3.335 g/#5 ml
oral solution

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