

This information was up to date at the time of release to the Heads of Midwifery.

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Updating arrangements for the formulary should be decided upon and implemented at a local level.

Ispaghula Husk (includes Fybogel[®] ,Ispagel[®])	
Legal status (GSL, P or POM on exemption list, or PGD)	<ul style="list-style-type: none"> GSL - midwife may supply
Patient group	Antenatal and postnatal women until discharged from midwifery care.
Clinical indication	<p>Treatment of constipation if lifestyle changes are ineffective</p> <p>Prevention of constipation in women, who have haemorrhoids, have had a traumatic delivery including third or fourth degree tear or on analgesics which are likely to cause constipation</p>
Pharmacology (Onset and duration of action where appropriate)	<p>Ispaghula husk is a naturally derived agent that produces a laxative effect by increasing faecal bulk and softening the stool.</p> <p>In vitro it can absorb up to 40 times its own weight of water. The hydrated material acts as a metabolic substrate for bacteria resulting in increased bacterial cell mass which results in softening of the faeces.</p> <p>Response is usual within 24 hours but the full effect may take 2-3 days.</p>
Pharmaceutical form, strength, route of administration	<p>Fybogel[®] sachet contains ispaghula husk 3.5g as effervescent granules.</p> <p>It also contains potassium bicarbonate, sodium bicarbonate, citric acid, beta-carotene 1% (E160a), aspartame, flavour varies, saccharin sodium, polysorbate 80, silica colloidal anhydrous, sucrose and soya bean oil.</p> <p>For oral administration.</p>
Dose, frequency and maximum number of doses or period of time for administration or supply	<p>The contents of one sachet stirred in approximately 150ml of water or diluted fruit juice once or twice daily (morning and evening), preferably after meals. Take the mixture as soon as possible after reconstitution as it rapidly forms a gel, which is not palatable.</p> <p>Fybogel[®] must not be taken in the dry form. Adequate fluid intake must be maintained to avoid intestinal obstruction. Avoid taking just before going to bed.</p> <p>During admission and on discharge.</p>
Contra-indications/exclusion criteria	<ul style="list-style-type: none"> hypersensitivity to any ingredient and to peanut or soya for particular brands see SPC for list of excipients intestinal obstruction, faecal impaction and colonic atony patients with rare hereditary problems of fructose intolerance, glucose-galactose malabsorption or sucrase-isomaltase insufficiency due to its aspartame content, Fybogel[®] Orange should not be given to patients with phenylketonuria

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Cautions and action that will be taken if a caution applies	<ul style="list-style-type: none"> should not be given to patients with natural or drug induced failure of gut motility
Drug interactions and action that will be taken if a patient is taking a medicine that may interact	<p>Enteral absorption of concomitantly administered medicines such as minerals, vitamins (B12), cardiac glycosides, coumarin derivatives, carbamazepine and lithium may be delayed. For this reason the product should not be taken ½ to 1 hour before or after intake of other medicinal products.</p> <p>Diabetic patients should take ispaghula husk only under medical supervision because adjustment of anti-diabetic therapy may be necessary.</p>
Potential adverse reactions and side effects including actions to be taken if adverse drug reaction is suspected	<p><i>A small amount of abdominal distension and flatulence may sometimes occur. Hypersensitivity reactions can occur.</i></p> <p><i>on labour Nil</i> <i>on the neonate Nil</i> <i>on breast feeding Nil</i></p> <p><i>if a serious adverse reaction is suspected please report to the MHRA Yellow Card Scheme http://yellowcard.mhra.gov.uk/</i></p>
Overdose	<ul style="list-style-type: none"> signs of overdose are abdominal discomfort and flatulence conservative management is recommended of ensuring adequate fluid intake in the event of overdose for further advice contact the National Poisons Centre for advice Tel 0344 892 0111
Action if patient declines	<ul style="list-style-type: none"> refer to authorised prescriber or doctor document in maternity record
Additional advice and information	<p>Advise woman to maintain adequate fluid intake to avoid intestinal obstruction.</p> <p>Advise woman to avoid medicines that can cause constipation.</p>
Patient monitoring arrangements during and after treatment and follow-up required	<p>Ispaghula husk is the first line laxative for treatment of constipation. If there is no response after 2-3 days, the woman should be examined and if lower impaction is present use a rectal laxative.</p> <p>When used to prevent constipation, reassess bowel function after 3 days and refer to medical staff if needed.</p>
Particular storage requirements	-

References

- Summary of Product Characteristics Fybogel Orange[®]. Text revision 27/07/2017. Accessed 23.12.2019 <https://www.medicines.org.uk/>
- <http://www.bnf.org>