

Medication Information Card

Lactulose (Lak – tu – los)

Other names for this medication

There are many other names for this medication.

How this medication is used

This medication helps to treat constipation. It makes your stools soft and allows you to have a bowel movement without straining. It may take 1 to 2 days before your stools become softer. In some people, it may take longer.

This medication is also used for people with liver disease to lower the amount of ammonia in the blood.

How to take this medication

Take this medication as prescribed by your doctor or health care provider.

Take this liquid with a small amount of water.

It is important to eat foods with fibre and exercise regularly. High fibre foods include whole grain products, vegetables and fruits.

While taking this medication you may notice

- diarrhea
- stomach cramps
- gas

Keep track of your bowel movements. If your stools become very loose or watery take less, or stop the medication. After 1 to 2 days try taking a smaller amount of Lactulose. If you still have diarrhea call your doctor.

Contact your doctor if you notice

- severe stomach cramps
- confusion
- dizziness or feeling lightheaded
- your heart beat is not regular
- unusual tiredness
- muscle cramps