

## **OSMOLAX WASHOUT – age 6-11**

*Osmolax now comes in:*

- a tub with small scoops = 8.5g
- a tub with large scoops = 17g
- sachets = 17g

*If using the tub, measure out in 'scoops'. If using the sachets, measure out in sachets.*

### **Buy OSMOLAX**

Day 1	2 small scoops / 1 sachet in 100-200 ml water, twice a day
Day 2	3 small scoops / 1½ sachets in 180 ml water, twice a day
Day 3	4 small scoops / 2 sachets in 200-400ml water, twice a day
Day 4	5 small scoops / 2 ½ sachets in 250-500ml water, twice a day
Day 5	6 small scoops / 3 sachets in 300-600ml water, twice a day
Day 6	6 small scoops / 3 sachets in 300-600ml water, twice a day
Day 7	6 small scoops / 3 sachets in 300-600ml water, twice a day

***Stop when 5-10 good, loose bowel motions per day***

### **THEN**

#### **OSMOLAX ONGOING**

1 to 4 scoops (½ to 2 sachets) daily as required to keep stools soft (may need up to 8 scoops / 4 sachets)

#### **REPEAT WASHOUTS**

Washout for a week, then maintenance dose

Repeat washout in a month, followed by maintenance dose.

If continued symptoms not improving after third month of washouts, may need to consider baseline AXR with review.