

OSMOLAX WASHOUT – age > 12

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	4 small scoops / 1½ sachets in 150-300 ml water, twice a day
Day 2	6 small scoops / 2 sachets in 200-400 ml water, twice a day
Day 3	6 small scoops / 2½ sachets in 250-500ml water, twice a day
Day 4	8 small scoops / 3 sachets in 300-600ml water, twice a day
Day 5	8 small scoops / 4 sachets in 400-800ml water, twice a day
Day 6	10 small scoops / 5 sachets in 500-1000ml water, twice a day
Day 7	10 small scoops / 5 sachets in 500-1000ml water, twice a day

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

THEN

MAINTENANCE (OSMOLAX ONGOING)

1 to 4 small 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.