

## Helping you in your practice: Pharmacist constipation reference guide

Many conditions can be associated with constipation, including:<sup>1-4</sup>

<b>Anorectal disorders</b>	Anal fissure Anal stricture Hemorrhoids Proctitis
<b>Cancer</b>	Chemotherapy-induced dehydration Direct intestinal radiation Hormonal changes Hypercalcemia Tumour compression of large intestine Tumour interference with colonic innervations
<b>Endocrine/metabolic disorders</b>	Chronic renal failure/uremia Cystic fibrosis Diabetes mellitus Hyper-/hypocalcemia Hyperparathyroidism Hypokalemia Hypomagnesemia Hypothyroidism Panhypopituitarism Porphyria Uremia
<b>GI disorders</b>	Diverticulosis Hirschsprung's disease Irritable bowel syndrome Mega rectum and mega colon Pelvic floor dysfunction Rectoceles
<b>Neurogenic disorders</b>	Autonomic neuropathy Intestinal pseudo-obstruction Multiple sclerosis Parkinson's disease Spinal cord injury Stroke Systemic sclerosis
<b>Psychiatric disorders</b>	Anxiety Eating disorders Depression

Drugs commonly associated with constipation:<sup>2,3</sup>

**Analgesics, particularly opioids**  
**Antacids containing aluminum or calcium**  
**Anticonvulsants**  
**Antidepressants**  
**Antihistamines**  
**Antihypertensives (calcium channel blockers)**  
**Antiparkinsonian drugs**  
**Antipsychotics**  
**Diuretics**  
**Iron supplements**

**If your patients have any of these conditions or have been prescribed any of these medications:**

1. Advise your patients that they may experience constipation.
2. Follow up with them at their next visit to see if they are experiencing constipation.
3. If they are experiencing constipation, consider recommending a laxative.

LOOKING FOR  
**FREE LAX-A DAY®**  
**SAMPLES?**

Contact your representative for details.



# Lax-A-Day®

Gentle, clinically proven relief you can trust  
to get your patients back to a more comfortable seat

## WHY CHOOSE LAX-A DAY®?

(PEG 3350)

- Gentle on your patients' digestive tract
  - > Works by increasing water retention in the stool, making it softer and easier to pass, and by increasing bowel movement frequency—without causing contractions in the intestines<sup>5,6</sup>
- Relief without urgency<sup>5</sup>
- No specific drug interactions have been demonstrated<sup>1,5</sup>
- High level of scientific evidence (Level 1, Grade A)<sup>4</sup>
- #1 PEG 3350 laxative used in hospitals<sup>7</sup>
  - > PEG 3350 is recommended as the first-line pharmacological treatment, after changes to diet and lifestyle<sup>1,8</sup>
- Gentle on your patients' taste buds
  - > 100% soluble, taste free, grit free, and sugar free powder



Osmotic laxatives, such as PEG 3350, have the strongest medical evidence for short-term constipation relief compared to other non-stimulant and stimulant laxatives.<sup>8</sup>



100% SOLUBLE



NO URGENCY



TASTE FREE

## REIMBURSED

- In NL,<sup>9</sup> AB,<sup>9</sup> and QC,<sup>1</sup> and by the Non-Insured Health Benefits (NIHB) program<sup>9-12</sup>



### REFERENCES:

1. Bowles-Jordan J. Constipation. In: *Therapeutic Choices for Minor Ailments*. 1<sup>st</sup> edition. Canadian Pharmacists Association, 2013. 2. Jacobs TQ, Pamies RJ. Adult constipation: a review and clinical guide. *J Natl Med Assoc*. 2001;93(1):22-30. Available from: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2640615/pdf/>. 3. Gandell D, Straus SE, Bundookwala M, Tsui V, Alibhai SM. Treatment of constipation in older people. *CMAJ*. 2013;185(8):663-670. Available from: <http://www.cmaj.ca/content/185/8/663.long>. 4. World Gastroenterology Organisation Global Guidelines, Constipation: a global perspective. 2010. 5. Lax-A Day® prescribing information. Pendopharm. November 2016. 6. Di Palma JA et al. A randomized, placebo-controlled, multicenter study of the safety and efficacy of a new polyethylene glycol laxative. *Am J Gastroenterol*. 2000;95(2):446-450. 7. IMS, D&H, PEG 3350 - Hospital units - past 24 months - August 2020. 8. Understanding the prevalence and impact of constipation in Canada: a special report from the Canadian Digestive Health Foundation, February 2014. 9. Newfoundland and Labrador Prescription Drug Program Coverage Status Table. June 2019. 10. Alberta Health Drug Benefit List. November 1, 2012. Accessed August 15, 2021. 11. Régie de l'assurance maladie du Québec List of Medications. August 15, 2021. 12. Non-Insured Health Benefits Drug Benefit List. June 2019. Accessed August 15, 2021.

Lax-A Day® (Polyethylene Glycol 3350 Powder for Oral Solution) is indicated as a laxative for the treatment of occasional constipation. Please consult the Prescribing Information available at [www.laxaday.com](http://www.laxaday.com) for information to assist in benefit-risk assessment. Always direct the patient to read the label. The Prescribing Information is also available by calling us at 1-888-550-6060 or by contacting [medinfo@pendopharm.com](mailto:medinfo@pendopharm.com).

\**Profession Santé* and *Pharmacy Practice + Business* 2021 Survey on OTC Counselling and Recommendations (pharmacists) and *The Medical Post and Profession Santé* (physicians) in the Laxative category.

†A laxative should not be taken within two hours of another medicine because the desired effect of the other medicine may be reduced.

‡After dietary and lifestyle measures and fibre supplementation.

§Reimbursed under restricted coverage.

¶Reimbursed under restricted coverage as Lax-A Day Pharma.



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