

Useful Resources

Obesity: identification, assessment and management. Clinical Guideline 189. National Institute for Health and Care Excellence. November 2014.

www.nice.org.uk/guidance/cg189

Measuring and interpreting BMI in Children. Public Health England.

webarchive.nationalarchives.gov.uk/20170210161227/www.noo.org.uk/NOO_about_obesity/measurement/children

PERIPHERALLY ACTING ANTI-OBESITY PRODUCTS > LIPASE INHIBITORS**Orlistat**

- **DRUG ACTION** Orlistat, a lipase inhibitor, reduces the absorption of dietary fat.

● **INDICATIONS AND DOSE****Adjunct in obesity**▶ **BY MOUTH**

- ▶ Child 12–17 years (initiated by a specialist): 120 mg up to 3 times a day, dose to be taken immediately before, during, or up to 1 hour after each main meal, continue treatment beyond 12 weeks only under specialist supervision, if a meal is missed or contains no fat, the dose of orlistat should be omitted

- **UNLICENSED USE** Not licensed for use in children.

- **CONTRA-INDICATIONS** Cholestasis · chronic malabsorption syndrome

- **CAUTIONS** Chronic kidney disease · may impair absorption of fat-soluble vitamins · volume depletion

CAUTIONS, FURTHER INFORMATION

Vitamin supplementation (especially of vitamin D) may be considered if there is concern about deficiency of fat-soluble vitamins.

- **INTERACTIONS** → Appendix 1: orlistat

● **SIDE-EFFECTS**

- ▶ **Common or very common** Abdominal pain (may be minimised by reduced fat intake) · anxiety · diarrhoea · gastrointestinal disorders
- ▶ **Frequency not known** Anorectal haemorrhage · bullous dermatitis · cholelithiasis · diverticulitis · hepatitis · oxalate nephropathy · pancreatitis · renal failure

- **PREGNANCY** Use with caution.

- **BREAST FEEDING** Avoid—no information available.

- **MEDICINAL FORMS** There can be variation in the licensing of different medicines containing the same drug.

Capsule▶ **Orlistat (Non-proprietary)**

Orlistat 120 mg Orlistat 120mg capsules | 84 capsule **[PoM]** £35.43 DT = £26.56

▶ **Alli (GlaxoSmithKline Consumer Healthcare)**

Orlistat 60 mg Alli 60mg capsules | 84 capsule **[P]** £30.70 DT = £30.70

▶ **Orlos (Crescent Pharma Ltd)**

Orlistat 60 mg Orlos 60mg capsules | 84 capsule **[P]** £16.95 DT = £30.70

▶ **Xenical (Cheplapharm Arzneimittel GmbH)**

Orlistat 120 mg Xenical 120mg capsules | 84 capsule **[PoM]** £31.63 DT = £26.56

9 Rectal and anal disorders

Other drugs used for Rectal and anal disorders Diltiazem hydrochloride, p. 146

9.1 Anal fissures**Anal fissure**

31-Aug-2016

Description of condition

An anal fissure is a tear or ulcer in the lining of the anal canal, immediately within the anal margin. Clinical features of anal fissure include bleeding and persistent pain on defecation, and a linear split in the anal mucosa. Constipation (passage of hard stools) is the most common cause in children. The majority of anal fissures are posterior, and an underlying cause should be considered (secondary anal fissure) if fissures are multiple, occur laterally, and are refractory to treatment.

[EvG] Suspect sexual abuse if a child has an anal fissure, and if constipation, Crohn's disease or passing hard stools have been excluded as the cause (see also *Useful resources* below). ⚠

Aims of treatment

The aim of treatment is to relieve pain and promote healing of the fissure.

Drug treatment

[EvG] Initial management of acute anal fissures should focus on ensuring that stools are soft and easily passed. Osmotic laxatives, such as lactulose p. 43 or macrogols (macrogol 3350 with potassium chloride, sodium bicarbonate and sodium chloride p. 44), are recommended. A simple analgesic (such as paracetamol p. 278 or ibuprofen p. 679), may be offered for prolonged burning pain following defecation.

Children should be referred to a paediatric specialist if the anal fissure has not healed following two weeks of initial management, or earlier if there is significant pain. ⚠

Useful Resources

Child maltreatment: when to suspect maltreatment in under 18s. National Institute for Health and Care Excellence.

Clinical guideline 89. July 2009.

www.nice.org.uk/guidance/cg89

9.2 Haemorrhoids**Haemorrhoids**

01-Dec-2016

Description of condition

Haemorrhoids, or piles, are abnormal swellings of the vascular mucosal anal cushions around the anus. Internal haemorrhoids arise above the dentate line and are usually painless unless they become strangulated. External haemorrhoids originate below the dentate line and can be itchy or painful. Haemorrhoids in children are rare but may occur in infants with portal hypertension.

Aims of treatment

The aims of treatment are to reduce the symptoms (pain, bleeding and swelling), promote healing, and prevent recurrence.