

- To carry emergency ID stating product use
- **To notify prescriber of suicidal thoughts/behaviors, syncope, cardiac changes**
- To report rash, fever, fatigue, yellowing of skin, eyes, dark urine; may be hypersensitivity reaction
- **To notify prescriber immediately if pregnancy is planned or suspected; to enroll in pregnancy registry at 888-233-2334, [www.aedpregnancyregistry.org](http://www.aedpregnancyregistry.org)**
- That interactions with other medications may occur; to report all OTC, Rx medications, herbals and supplements taken; not to use with alcohol
- To consult MedGuide for proper use, risks and review with patient

## **lactulose (Rx)**

(lak'tyoo-lose)

**Cholac, Constilac, Constulose, Enulose, Generlac, Kristalose**

**Func. class.:** Laxative; ammonia detoxicant (hyperosmotic)

**Chem. class.:** Lactose synthetic derivative

### **Do not confuse:**

**lactulose/lactose**

**ACTION:** Prevents absorption of ammonia in colon by acidifying stool; increases water, softens stool

**USES:** Chronic constipation, portal-systemic encephalopathy (PSE) in patients with hepatic disease

**CONTRAINDICATIONS:** Hypersensitivity, low-galactose diet

**Precautions:** Pregnancy, breastfeeding, geriatric patients, debilitated patients, diabetes mellitus

## **DOSAGE AND ROUTES**

### **Constipation**

- **Adult: PO** 15-30 mL/day (10-20 g), may increase to 60 mL/day prn
- **Child: PO** 7.5 mL/day after breakfast

### **Hepatic encephalopathy**

- **Adult: PO** 30-45 mL (20-30 g) tid or qid until stools soft; **RETENTION ENEMA** 300 mL (200 g) diluted
- **Child: PO (unlabeled)** 40-90 mL/day in 3-4 divided doses
- **Infant: PO (unlabeled)** 2.5-10 mL/day in divided doses

**Available forms:** Oral sol 10 g/15 mL; packets 10, 20 g; rectal sol 10 g/15 mL

### **Administer:**

#### **PO route**

- With 8 oz fruit juice, water, milk to increase palatability of oral form; for rapid effect, give on empty stomach
- Increased fluids to 2 L/day; do not give with other laxatives; if diarrhea occurs, reduce dosage
- **Kristalose:** dissolve contents of packet/4 oz water

#### **Rectal route**

- **Retention enema (no commercial product)** by diluting 300 mL lactulose/700 mL of water; administer by rectal balloon catheter; retain for >30 min; if retained for <30 min, repeat

## **SIDE EFFECTS**

**GI:** *Nausea, vomiting, anorexia, abdominal cramps, diarrhea, flatulence, distention, belching*

**META:** Hyponatremia, hypokalemia; hyperglycemia (diabetes)

## **PHARMACOKINETICS**

Metabolized in colon, excretion kidneys, unchanged, onset 1-2 days, peak unknown, duration unknown

## **INTERACTIONS**

- **Do not use with other laxatives (hepatic encephalopathy)**

**Decrease:** lactulose effects—other oral anti-infectives, antacids

### **Drug/Herb**

**Increase:** laxative action—flax, senna

### **Drug/Lab Test**

**Increase:** blood glucose (diabetic patients)

**Decrease:** blood ammonia