

Medication Information Card - for Renal Patients

Lactulose (Lak – tu – los)

Other names for this medication

There are many other names for this medication.

How this medication is used

This medication is a laxative and will help you have a bowel movement. People with renal disease may have problems having a bowel movement for many reasons such as fluid restrictions, medications and decreased activity.

It may take 1 to 2 days for the medication to work. For some people, it may take longer.

Some people take this medication every once in a while to relieve constipation. Others take this regularly to keep their bowels moving. You can talk to your health care provider to find the best schedule for you.

How to take this medication

Follow the directions on your prescription label or take this medication as prescribed by your doctor.

This medication comes in a liquid. Take the liquid with a small amount of water.

It is important to eat foods with fibre as provided in your renal diet and exercise regularly.

While taking this medication you may notice

- diarrhea
- stomach cramps
- gas

Keep track of your bowel movements. If your stools become very loose or watery take less Lactulose, or stop the medication. After 1 to 2 days try taking a smaller amount of Lactulose. If you still have diarrhea call your doctor.

Contact your doctor if you notice

- severe stomach cramps
- confusion
- dizziness or feeling lightheaded
- your heart beat is not regular
- unusual tiredness