

Medication Information Card

Bulk forming agents

Other names for this medication

®

Psyllium:
Metamucil

Grain or citrus fibre:
Citrucel®

Methylcellulose:
Prodiem®

There are many other names for this medication.

How this medication is used

Bulk forming agents help you have a soft, bulky stool. This allows you to have a bowel movement without straining. It helps prevent constipation. It may take 1 to 2 days before your stools become softer. In some people it takes longer.

How to take this medication

Take this medication regularly to prevent constipation.

Tablets or Prodiem[®]: Take with at least one full glass of juice or water.

Dry Medication: Stir dry medication into a full glass of juice or water and drink it right away. Then drink another full glass of juice or water.

It is also important to eat foods high in fibre, drink 6 to 8 glasses of liquid each day and exercise regularly. Foods high in fibre include whole grain products, vegetables and fruit.

While taking this medication you may notice

- stomach cramps
- diarrhea
- gas

Contact your doctor if you notice

- severe stomach cramps
- trouble swallowing or you feel a lump in your throat
- breathing problems
- skin rash or itching