

# Record card for patients taking



macrogol 3350, sodium hydrogen carbonate, sodium chloride, potassium chloride



These images are for illustrative purposes only. Any person depicted in them is a model.

You have been given this leaflet as you have been prescribed **Movicol** to treat your constipation or faecal impaction.

It may be a good idea to keep a note of your bowel movements using the record card below. Fill in the number of sachets you take each day, the number of times you go to the toilet to pass a stool, and indicate what type they are by using the Bristol

Stool Form Scale number. Give the completed chart to your doctor or nurse when you next see them.

**Please speak to your GP, Nurse or Pharmacist for further advice. Please always read the patient information leaflet in the pack of your medication.**

## The Bristol Stool Form Scale

Type 1	Type 2	Type 3	Type 4	Type 5	Type 6	Type 7
Separate hard lumps, like nuts (hard to pass)	Sausage-shaped but lumpy	Like a sausage but with cracks on its surface	Like a sausage or snake, smooth and soft	Soft blobs with clear-cut edges (passed easily)	Fluffy pieces with ragged edges, a mushy stool	Watery, no solid pieces ENTIRELY LIQUID

The Bristol Stool Form Scale is © The Rome Foundation, Inc. and is used with permission. The graphic components of the Bristol Stool Form Scale depicted here were created by Norgine in conjunction with Dr. Ken Heaton.

## Bowel Record Card

Name: ..... Date treatment started: ..... Dosage recommended: .....

Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Number of sachets taken														
Number of bowel movements														
Bowel movement Type (see Bristol Stool Form Scale)														

### Reporting of side effects in the United Kingdom

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard).

By reporting side effects you can help provide more information on the safety of this medicine. **Norgine** Adverse events should also be reported to Medical Information at Norgine Pharmaceuticals on: +44 1895 826606 or E-mail: [medinfo@norgine.com](mailto:medinfo@norgine.com)

### Reporting of side effects in Ireland

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly to the HPRA, via [www.hpra.ie](http://www.hpra.ie), [medsafety@hpra.ie](mailto:medsafety@hpra.ie) or by calling (01) 676 4971. By reporting side effects you can help provide more information on the safety of this medicine. **Norgine** Adverse events should also be reported to Medical Information at Norgine Pharmaceuticals on: +44 1895 826606 or E-mail: [medinfo@norgine.com](mailto:medinfo@norgine.com)

Common side effects include abdominal pain, stomach rumbling, diarrhoea, vomiting, nausea and anorectal discomfort.

A patient information service from Norgine. Norgine Pharmaceuticals Limited, Moorhall Road, Harefield, Middlesex UB9 6NS. E-mail: [medinfo@norgine.com](mailto:medinfo@norgine.com).

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