# Sodium content of medicines for constipation and diarrhoea

Prepared by a UK Medicines Information ([UKMi](http://www.ukmi.nhs.uk/ukmi/about/default.asp?pageRef=1)) team for NHS healthcare professionals

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Date prepared: June 2021

## Summary

* Most anti-diarrhoeal preparations, stimulant laxatives and bulking agents for constipation do not contain significant amounts of sodium. However, osmotic laxatives do contain significant amounts of sodium and this should be considered if people take these products regularly. As for all laxatives, prolonged use is not usually recommended.
* This Medicines Q&A lists the sodium content of medicines for treating constipation and diarrhoea, and can be used to help find preparations with lower sodium content.

### Anti-diarrhoeal preparations

*Note:* None of these preparations are listed in the ‘blacklist’ (Part XVIIIA of the July 2021 Drug Tariff – but see [limitations](#Limitations)). NHS England [advises](https://www.england.nhs.uk/wp-content/uploads/2018/03/otc-guidance-for-ccgs.pdf) CCGs that a prescription for treatment for acute diarrhoea will not routinely be offered in primary care as the condition is appropriate for self-care [1].

| **Name of**  **preparation and form** | **Company or companies (MAH$)** | **Approximate sodium content** | |
| --- | --- | --- | --- |
| **Per dose unit\*\*** | **Per maximum daily dose\*\*** |
| Boots Pepti-Calm 525.6mg per 30mL oral suspension | Boots | 2.7mmol (63mg) in 30mL | 22mmol |
| Boots Rehydration Treatment oral granules | Boots (Wrafton) | 12mmol (276mg) per sachet | Variable |
| Dioralyte (Blackcurrant, Citrus or Natural) oral powder | Sanofi | 13mmol (300mg) per sachet | Variable |
| Dioralyte Relief (Blackcurrant or Raspberry) oral powder | Sanofi | 8.3mmol (190mg) per sachet | Variable |
| Galpharm Lost Fluid Replacement oral granules | Galpharm (Wrafton) | 12mmol (276mg) per sachet | Variable |
| Imodium Instants orodispersible tablets | McNeil | Low sodium\* | Not significant |
| Imodium Instant Melts orodispersible tablets | Low sodium\* | Not significant |
| Kaolin and Morphine Mixture BP oral suspension | Boots | 6mmol (137mg) per 10mL | 18mmol |
| Thornton & Ross (LCM) | 6.4mmol (148mg) per 10mL | 19mmol |
| Lloyds Pharmacy Rehydration Treatment oral granules 4.87g | Lloyds | 12mmol (276mg) per sachet | Variable |
| Morrisons Rehydration Treatment oral granules | Morrisons (Wrafton) | 12mmol (276mg) per sachet | Variable |
| Sainsbury’s Healthcare Rehydration Treatment oral granules | Sainsbury’s (Wrafton) | 12mmol (276mg) per sachet | Variable |
| Superdrug Blackcurrant Flavour Rehydration Treatment oral granules | Superdrug (Wrafton) | 12mmol (276mg) per sachet | Variable |
| \*Low sodium denotes preparations that contain <1mmol of sodium per usual adult dose, essentially ‘sodium-free’.  \*\*The doses shown are for general comparison and do not imply therapeutic equivalence.  $MAH Marketing Authorisation Holder (stated if different from company marketing the product). | | | |

### Laxatives and bowel cleansing solutions

*Note:* None of these preparations are listed in the ‘blacklist’ (Part XVIIIA of the July 2021 Drug Tariff – but see [limitations](#Limitations)). NHS England [advises](https://www.england.nhs.uk/wp-content/uploads/2018/03/otc-guidance-for-ccgs.pdf) CCGs that a prescription for treatment of simple constipation will not routinely be offered in primary care as the condition is appropriate for self-care [1].

| **Name of**  **preparation and form** | **Company or companies (MAH$)** | **Approximate sodium content** | |
| --- | --- | --- | --- |
| **Per dose unit\*\*** | **Per maximum daily dose\*\*** |
| **Bulking agents** | | | |
| Fybogel (Plain, Lemon or Orange) oral granules | Forum (Reckitt Benckiser) | Low sodium\* | Not significant |
| Fybogel Hi-Fibre (Lemon or Orange) oral granules | Reckitt Benckiser | Low sodium\* | Not significant |
| FybogelMebeverine oral granules | Forum  (Reckitt Benckiser) | 2.6mmol (59mg) per sachet | 7.7mmol |
| Isogel oral granules | Soho Flordis | Low sodium\* | Not significant |
| Ispagel Orange oral granules | Bristol Laboratories | 3mmol (68mg) per sachet | 6mmol |
| Ispaghula Husk oral granules | Honeywood  (Manx Healthcare) | Low sodium\* | Not significant |
| Manx Ispaghula Husk Orange oral granules | Low sodium\* | Not significant |
| Normacol oral granules | Norgine | 1.2 to 2.5mmol (29 to 57mg) per sachet | 5mmol |
| Normacol Plus oral granules | 1.3 to 2.5mmol (29 to 57mg) per sachet | 5mmol |
| Senokot Hi-Fibre (Lemon or Orange) oral granules | Reckitt Benckiser | Low sodium\* | Not significant |
| **Stimulant laxatives** | | | |
| Co-danthramer 75mg/1,000mg per 5mL oral suspension | Pinewood | Low sodium\* | Not significant |
| Co-danthramer 25mg/200mg per 5mL oral suspension | Low sodium\* | Not significant |
| Co-danthrusate capsules | Activase | Low sodium\* | Not significant |
| Co-danthrusate oral suspension | Pinewood | Low sodium\* | Not significant |
| Dioctyl capsules | UCB | Low sodium\* | Not significant |
| Docusate Sodium Adult 50mg per 5mL oral solution | Typharm | Low sodium\* | Not significant |
| Docusate Sodium Paediatric 12.5mg per 5mL oral solution | Typharm | Low sodium\* | Not significant |
| Docusol Adult oral solution | Low sodium\* | Not significant |
| Docusol Paediatric oral solution | Low sodium\* | Not significant |
| DulcoEase capsules | Sanofi | Low sodium\* | Not significant |
| Dulcolax Adult Pico Perles 2.5mg capsules | Low sodium\* | Not significant |
| Dulcolax Twelve Plus Pico liquid | Low sodium\* | Not significant |
| Dulcolax Twelve Plus Pico Perles 2.5mg capsules | Low sodium\* | Not significant |
| Manevac oral granules | Mylan | No sodium | None |
| Manevac 12 Years Plus oral granules | No sodium | None |
| Norgalax micro-enema | Essential Pharma | Low sodium\* | Not significant |
| Sodium Picosulfate 5mg/5mL oral solution | Crescent/Dalkeith/  Sanofi | Low sodium\* | Not significant |
| \*Low sodium denotes preparations that contain <1mmol of sodium per usual adult dose, essentially ‘sodium-free’.  \*\*The doses shown are for general comparison and do not imply therapeutic equivalence.  $MAH Marketing Authorisation Holder (stated if different from company marketing the product). | | | |
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| **Osmotic laxatives** | | | |
| Cleen Ready-to-Use 21.4g/9.4g enema | Casen Recordati | 191.3mmol (4.4g) per delivered dose | 191mmol |
| Compound Macrogol oral powder sugar free | Galen | 8.1mmol (187mg) per sachet | 65mmol |
| CosmoCol Half 6.9g oral powder | Stirling Anglian | 4mmol (94mg) per sachet | 65mmol |
| CosmoCol Lemon and Lime Flavour oral powder | 8.1mmol (187mg) per sachet | 65mmol |
| CosmoCol Orange Flavour oral powder | 8.1mmol (187mg) per sachet | 65mmol |
| CosmoCol Orange, Lemon and Lime Flavour oral powder | 8.1mmol (187mg) per sachet | 65mmol |
| CosmoCol Plain Flavour oral powder | 8.1mmol (187mg) per sachet | 65mmol |
| CosmoCol Paediatric 6.9g oral powder | 4mmol (94mg) per sachet | 49mmol |
| Laxido Orange oral powder | Galen | 8.1mmol (187mg) per sachet | 65mmol |
| Laxido Paediatric Plain 6.9g oral powder | 4mmol (93mg) per sachet | 48mmol |
| Micolette micro-enema | Pinewood | 4.1mmol (95mg) per enema | 8.2mmol |
| Micralax micro-enema | RPH | 4.8mmol (110mg) per enema | 4.8 mmol |
| Molative 13.8g oral powder | Mylan | 8.2mmol (188mg) per sachet | 65mmol |
| Molative Paediatric 6.9g oral powder | 4.1mmol (94mg) per sachet | 49mmol |
| Molaxole powder | Mylan | 8.1mmol (187mg) per sachet | 65mmol |
| Movicol 13.8g oral powder | Norgine | 8.1mmol (187mg) per sachet | 65mmol |
| Movicol Chocolate 13.9g oral powder | 8.1mmol (187mg) per sachet | 65mmol |
| Movicol-Half oral powder | 4.1mmol (94mg) per sachet | 65mmol |
| Movicol Liquid Orange Flavour concentrate for oral solution | 8.1mmol (187mg) per 25mL | 24mmol |
| Movicol Paediatric Chocolate oral powder | 4mmol (93mg) per sachet | 49mmol |
| Movicol Paediatric Plain 6.9g oral powder | 4mmol (93mg) per sachet | 49mmol |
| Movicol Plain 13.7g oral powder | 8.1mmol (187mg) per sachet | 65mmol |
| Movicol Ready to Take oral solution | 8.1mmol (187mg) per sachet | 65mmol |
| PegLax oral powder | Casen Recordati | Low sodium\* | Not significant |
| Phosphates enema BP Formula B (standard or long tube) | Essential Generics (Chemidex) | 139mmol (3.2g) per enema | 139mmol |
| Vistaprep | Tillotts | 65mmol (1.5g) per sachet | 260mmol |
| **Bowel cleansing solutions** | | | |
| CitraFleet oral powder | Casen Recordati | Low sodium\* | Not significant |
| Citramag oral powder | Cambridge Healthcare Supplies | Low sodium\* | Not significant |
| Klean-Prep oral powder | Norgine | 125mmol (2.9g) per sachet | 500mmol |
| Moviprep (Lemon or Orange) oral powder |  | 182mmol (4.2g) per sachets A & B  [56mmol absorbable] | 364mmol [112mmol absorbable] |
| Phospho-soda 24.4g/10.8g oral solution | Casen Recordati | 217mmol (5g) per 45mL | 435mmol |
| Picolax oral powder | Ferring | Low sodium\* | Not significant |
| Plenvu oral powder | Norgine | 161mmol (3.7g) in dose 1 sachet and 298mmol (6.9g) in dose 2 (sachet A & B) | 459mmol |
| \*Low sodium denotes preparations that contain <1mmol of sodium per usual adult dose, essentially ‘sodium-free’.  \*\*The doses shown are for general comparison and do not imply therapeutic equivalence.  $MAH Marketing Authorisation Holder (stated if different from company marketing the product). | | | |

Limitations

* This list is not exhaustive – it specifically does not include parenteral preparations, and it does not include every generic version of a medicine where more than one is available.
* Formulations may be subject to change, but the information contained in this document is accurate at the time of publication.
* The doses shown in the tables are for general comparison and do not imply therapeutic equivalence.

### This Medicines Q&A notes the presence of products in Part XVIIIA of the Drug Tariff (‘the blacklist’). Prescriptions for medicines on the blacklist will not be passed for payment. Medicines with similar names may be passed for payment as processing software looks for the specific wording in the blacklist. For example, ‘Codis Soluble Tablets’ and ‘Rennie Tablets’ are ‘blacklisted’ but ‘Codis 500’ dispersible tablets and ‘Rennie Extra Tablets’ are not. ‘Tums Tablets’ are blacklisted but ‘Tums Assorted Fruit Antacid Tablets’ are not.

### References

1. NHS England. Conditions for which over the counter items should not routinely be prescribed in primary care: Guidance for CCGs [Internet]. March 2018 [cited 13/05/2021]. Available from: [www.england.nhs.uk/wp-content/uploads/2018/03/otc-guidance-for-ccgs.pdf](http://www.england.nhs.uk/wp-content/uploads/2018/03/otc-guidance-for-ccgs.pdf)

### Bibliography

The following sources were used to assemble the tables of sodium content:

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* NHS Business Services Authority. July 2021 Drug Tariff [Internet] [cited 10/06/2021]. Available from: [www.nhsbsa.nhs.uk/pharmacies-gp-practices-and-appliance-contractors/drug-tariff/back-copies-drug-tariff](http://www.nhsbsa.nhs.uk/pharmacies-gp-practices-and-appliance-contractors/drug-tariff/back-copies-drug-tariff)
* PAGB. OTC Directory Online [Internet] [cited July 2021]. Available from: <https://www.otcdirectory.co.uk/>

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### Date Prepared

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### Search strategy (07/06/2021; original search done 03/02/2006)

1. In-house database/ resources
2. European Medicines Agency [www.ema.europa.eu](http://www.ema.europa.eu)
3. Medicines and Healthcare products Regulatory Agency [www.gov.uk/government/organisations/medicines-and-healthcare-products-regulatory-agency](http://www.gov.uk/government/organisations/medicines-and-healthcare-products-regulatory-agency)
4. PAGB OTC Directory Online [www.otcdirectory.co.uk/](http://www.otcdirectory.co.uk/)