



microlax®  
Microenema

# *A Case for Occasional Constipation*

## Definition

**Occasional constipation** is the presence of at least 1 functional constipation symptom, ...

- Reduced frequency of bowel movements
- Hard or lumpy stools
- Excessive straining
- Sensation of incomplete evacuation
- Sensation of anorectal obstruction or blockage

...in the absence of alarm signs or serious conditions, occurring at irregular and infrequent intervals, which is bothersome enough to induce a patient to seek medical management.<sup>1,2</sup>

**ROME IV criteria** lists the same symptoms (2 or more to be present) used to diagnose Chronic constipation, and includes:<sup>1</sup>

- < 3 bowel movements per week, and
- manual maneuvers to facilitate defecation.

## Treatment basics for occasional constipation

### Diet, exercise and fluids

Add fiber to the diet slowly and increase over time, in the form of bran, fruits and vegetables.<sup>3-5</sup>

Even a 20-min walk a day may be enough to relieve constipation, intensity can be increased as appropriate.<sup>3</sup>

Drink 1,5 – 2L of water every day.<sup>4</sup>

### Over-the-counter laxatives

If lifestyle changes fail, over-the-counter laxatives may provide relief. Most options are readily available and cost-effective.<sup>3,4</sup>

Lifestyle changes, including fiber, may alleviate constipation in the long-term, but patients with occasional constipation generally seek immediate relief.<sup>2</sup>

## *Causes of occasional constipation*



### **DIET**

Following a low-fiber diet and being dehydrated may lead to constipation. Constipation sufferers have reported a high intake of caffeinated drinks, including tea and coffee and lower daily intake of products such as cheese, milk, fruit and vegetables.<sup>6</sup>



### **LACK OF EXERCISE**

No matter what age, the less active a person is, the more at risk are they to experience constipation.<sup>6</sup>



### **TRAVELLING**

Traveling often induces changes in bowel movements. Constipation is more prevalent than diarrhoea, and may be due to changes in diet, changes in timetable, having an issue using a public restroom, or jetlag.<sup>7</sup>



### **DISTURBED SLEEP**

Those with disturbed sleep patterns, like those working shift hours, may experience signs of constipation.<sup>8</sup>



### **PSYCHOLOGICAL STRESS**

Psychological stress can trigger a physiological response (via the HPA axis), leading to bowel dysfunction.<sup>9</sup>

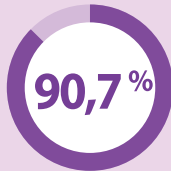
In young children and adolescents, events such as being separated from a best friend, failure in an exam, severe illness in the family, loss of a job of a parent and frequent punishment were events that were strongly associated with constipation.<sup>10</sup>

Anxiety and depression were also more prevalent in adults with constipation than those who were healthy.<sup>11</sup>

## Real World users' experience with MICROLAX®.<sup>12</sup>

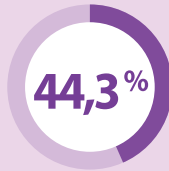
Patients were questioned on their experience in terms of Comfort, Quality of Life, Ease of Use and Reliability/Regularity after using MICROLAX®<sup>12</sup>

When asked whether oral laxatives, suppositories or MICROLAX® worked within 15 minutes and allowed them to get on with their day....<sup>12</sup>



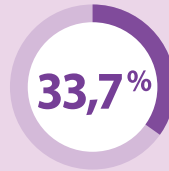
of MICROLAX®  
users agreed

(858 users interviewed)



of suppository  
users agreed

(255 users interviewed)



of oral laxative  
users agreed

(858 users interviewed)

A retrospective study was conducted to captured users' experiences with MICROLAX® in Russia, and included a broad range of population types. Patients (n=1118) (or their caregivers) reported at least 2 constipation symptoms, and must have used the product within the last 3 months.



- ✓ Gets to work in 5-15 minutes
- ✓ Reliable, effective relief<sup>12</sup>
- ✓ Suitable for all ages - elderly, adults and babies
- ✓ Simple and easy to use<sup>12</sup>

### References:

1. Brenner DM, Corsetti M, et al. Perceptions, Definitions, and Therapeutic Interventions for Occasional Constipation: A Rome Working Group Consensus Document. YCGH 2023;Oct 4:S1542-3565(23)00759-0. doi: 10.1016/j.cgh.2023.08.044. 2. Rao SSC, Lacy BE, et al. Recognizing and Defining Occasional Constipation: Expert Consensus Recommendations. Am J Gastroenterol. 2020;14(1):39-46. 3. Aziz I, et al. An approach to the diagnosis and management of Rome IV functional disorders of chronic constipation. Expert Review Of Gastroenterology & Hepatology, 2020;14(1):39-46. 4. Lindberg G, et al. World Gastroenterology Organisation Global Guideline Constipation—A Global Perspective. J Clin Gastroenterol, 2011;45(6):483-487. 5. Fan W, et al. Causes of constipation during pregnancy and health management. Int J Clin Exp Med 2020;13(3):2022-2026. 6. Rose S (ED.) Constipation. A Practical Approach to Diagnosis and Treatment. Springer Science+Business Media New York 2014. ISBN 978-1-4939-0332-0 (eBook) 7. Mearin F, et al. Traveler's Constipation. AJG Letters to the Editor. February 2003; 508-510. 8. Gwee K-A. Disturbed Sleep and Disturbed Bowel Functions: Implications for Constipation in Healthy Individuals. J Neurogastroenterol Motil, 2011;17(2):108-109. 9. Chang Y-M, et al. Does stress induce bowel dysfunction? Expert Rev Gastroenterol Hepatol. 2014 August ; 8(6): 583-585. 10. Devanarayana NM, Rajindrajith S. Association between Constipation and Stressful Life Events in a Cohort of Sri Lankan Children and Adolescents. Journal Of Tropical Pediatrics, 2010;56(3):144-148. 11. Cheng C, et al. Coping strategies, illness perception, anxiety and depression of patients with idiopathic constipation: a population-based study. Aliment Pharmacol Ther 2003;18:319-326. 12. REF-DOF-ZA-0028 Microlax RWE study.

[S0] MICROLAX® Each 1 ml contains: Sodium Citrate 90,0 mg; Sodium Lauryl Sulphoacetate 70 % 12,9 mg; Sorbitol liquid 893,0 mg. Ref.No.: E911 (Act 101/1965).

For full prescribing information refer to the Professional Information approved by the Medicines Regulatory Authority.

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