



ADULT MEDICATION GUIDELINE

Macrogol (with Electrolytes)

| | |
|-----------------------|----------------------------|
| Scope (Staff): | All WNHS Staff |
| Scope (Area): | Obstetrics and Gynaecology |

This document should be read in conjunction with the [Disclaimer](#).

Quick Links

[Dose](#)

[Administration](#)

[Monitoring](#)

[Pregnancy and Breastfeeding](#)

Restrictions

[Formulary: Unrestricted](#)

Medication Class

Osmotic laxative

Presentation

Each sachet contains (as oral powder):

| | |
|--------------------|----------|
| Macrogol 3350 | 13.125 g |
| Sodium chloride | 350.7 mg |
| Sodium bicarbonate | 178.5 mg |
| Potassium chloride | 46.6 mg |

Storage

Store at room temperature, below 25°C

Dose

Constipation

Oral:

1 to 3 sachets daily

Faecal impaction

Oral:

8 sachets daily, consumed within 6 hours. Dose may be repeated for up to 3 days.

Administration

Reconstitute each sachet in a glass containing 125mL of water.

For faecal impaction

It may be easier to dissolve 8 sachets in 1L of water. If reconstituting larger volumes, store bulk in the fridge (2-8°C) and keep it covered. Discard any solution not used within a 6-hour period.

Monitoring

Sodium Restriction: each sachet when reconstituted in 125mL of water contains approx. 8.1mmol (186mg) of sodium

Use with caution in conditions which may be exacerbated due to fluid and electrolyte disturbances (e.g. heart failure, renal impairment)

Contraindicated in bowel obstruction or perforation.

Pregnancy

1st Trimester: Considered safe to use

2nd Trimester: Considered safe to use

3rd Trimester: Considered safe to use

Breastfeeding

Considered safe to use

Related Policies, Procedures & Guidelines

WNHS Clinical Practice Guidelines:

[Bowel Care](#)

[Palliative Care](#)

WNHS Pharmaceutical and Medicines Management Guidelines:

[Medication Administration](#)

[Pharmacist Initiated Medications \(PIMs\)](#)

[Structured Administration & Supply Arrangement \(SASA\) - Laxatives](#)









References

Australian Medicines Handbook. Macrogol laxatives. In: Australian Medicines Handbook [Internet]. Adelaide (South Australia): Australian Medicines Handbook; 2025 [cited 2025 Mar 27]. Available from: <https://amhonline.amh.net.au/>

AusDI. Laxatives (Local). In: AusDI [Internet]. Telstra Health: AusDI; [cited 2025 Mar 27]. Available from: Laxatives (Local) - AusDI (health.wa.gov.au)

Therapeutic Guidelines. Faecal impaction in adults. In: eTG complete [Internet]. West Melbourne (Victoria): Therapeutic Guidelines; 2022 [cited 2025 Mar 27]. Available from: <https://tgdcdp-tg-org-au.kelibresources.health.wa.gov.au/etgAccess>

The Royal Women's Hospital. Macrogols (polyethylene glycol (peg)). In: Pregnancy and Breastfeeding Medicines Guide [Internet]. Parkville (Victoria): The Royal Women's Hospital; 2024 [cited 2025 Mar 27]. Available from: <https://thewomenspbmg.org.au/>

| | | | | | |
|---|---|----------------|---|--------------|------------|
| Keywords | Macrogol; movicol; constipation; laxative; bowels | | | | |
| Document Owner: | Chief Pharmacist | | | | |
| Author/ Reviewer | KEMH Pharmacy Department | | | | |
| Version Info: | 5.0 | | | | |
| Date First Issued: | July 2015 | Last Reviewed: | April 2025 | Review Date: | April 2030 |
| Endorsed by: | Medicines and Therapeutics Committee | | | Date: | 03/06/2025 |
| NSQHS Standards Applicable: | <input checked="" type="checkbox"/>  Std 1: Clinical Governance <input type="checkbox"/>  Std 2: Partnering with Consumers <input type="checkbox"/>  Std 3: Preventing and Controlling Healthcare Associated Infection <input checked="" type="checkbox"/>  Std 4: Medication Safety | | <input type="checkbox"/>  Std 5: Comprehensive Care <input type="checkbox"/>  Std 6: Communicating for Safety <input type="checkbox"/>  Std 7: Blood Management <input type="checkbox"/>  Std 8: Recognising and Responding to Acute Deterioration | | |
| Printed or personally saved electronic copies of this document are considered uncontrolled. Access the current version from WNHS HealthPoint. | | | | | |

This document can be made available in alternative formats on request for a person with a disability.

© Women and Newborn Health Service 2025

Copyright of this material is vested in the State of Western Australia unless otherwise indicated. Apart from any fair dealing for the purposes of private study, research, criticism or review, as permitted under the provisions of the Copyright Act 1968, no part may be reproduced or re-used for any purposes whatsoever without written permission of the State of Western Australia.