Memorial Sloan Kettering Cancer Center

PATIENT & CAREGIVER EDUCATION

Mineral Oil

This information from UpToDate® Lexidrug™ explains what you need to know about this medication, including what it's used for, how to take it, its side effects, and when to call your healthcare provider.

Brand Names: US

Fleet Laxative Mineral Oil [OTC]; Fleet Oil [OTC]; FT Enema Mineral Oil [OTC]; FT Mineral Oil [OTC]; GoodSense Mineral Oil [OTC]

What is this drug used for?

- It is used to treat constipation.
- It is used to clean out the GI (gastrointestinal) tract.

What do I need to tell my doctor BEFORE I take this drug?

All products:

- If you are allergic to this drug; any part of this drug; or any other drugs, foods, or substances. Tell your doctor about the allergy and what signs you had.
- If you have any of these health problems: Bowel block, belly pain, upset stomach, rectal bleeding, throwing up, or change in bowel habits lasting longer than 2 weeks.
- If you are pregnant or may be pregnant. Some forms of this drug are not for use during pregnancy.

All oral products:

- If you have trouble swallowing or are not able to stand or sit up.

This is not a list of all drugs or health problems that interact with this drug.

Tell your doctor and pharmacist about all of your drugs (prescription or OTC, natural products, vitamins) and health problems. You must check to make sure that it is safe for you to take this drug with all of your drugs and health problems. Do not start, stop, or change the dose of any drug without checking with your doctor.

What are some things I need to know or do while I take this drug?

All products:

- Tell all of your health care providers that you take this drug. This includes your doctors, nurses, pharmacists, and dentists.
- Do not use this drug for more than 1 week unless told to do so by your doctor.
- Do not use other laxatives or stool softeners unless told to do so by the doctor.
- If you have rectal bleeding or you do not have a bowel movement after using this drug, talk with your doctor.
- If you are 65 or older, use this drug with care. You could have more side effects.
- Tell your doctor if you are breast-feeding. You will need to talk about any risks to your baby.

All oral products:

- This drug prevents many other drugs taken by mouth from getting into the body. If you take other drugs by mouth, take them at least 2 hours before or 2 hours after this drug. If you are not able to do this, talk with your doctor.

- Do not give this drug to a child younger than 6 years of age.

Rectal enema:

- If this drug is taken by mouth, get medical help or call a poison control center right away.
- Different brands of this drug may be for use in different ages of children. Talk with the doctor before giving this drug to a child.

What are some side effects that I need to call my doctor about right away?

WARNING/CAUTION: Even though it may be rare, some people may have very bad and sometimes deadly side effects when taking a drug. Tell your doctor or get medical help right away if you have any of the following signs or symptoms that may be related to a very bad side effect:

- Signs of an allergic reaction, like rash; hives; itching; red, swollen, blistered, or peeling skin with or without fever; wheezing; tightness in the chest or throat; trouble breathing, swallowing, or talking; unusual hoarseness; or swelling of the mouth, face, lips, tongue, or throat.
- Very bad dizziness or passing out.
- Bleeding from rectum or rectal pain.

What are some other side effects of this drug?

All drugs may cause side effects. However, many people have no side effects or only have minor side effects. Call your doctor or get medical help if any of these side effects or any other side effects bother you or do not go away:

- Stomach pain or cramps.
- Bloating.
- Gas.
- Diarrhea, upset stomach, or throwing up.

These are not all of the side effects that may occur. If you have questions about

side effects, call your doctor. Call your doctor for medical advice about side effects.

You may report side effects to your national health agency.

You may report side effects to the FDA at 1-800-332-1088. You may also report side effects at https://www.fda.gov/medwatch.

How is this drug best taken?

Use this drug as ordered by your doctor. Read all information given to you. Follow all instructions closely.

All oral products:

- Take in the evening, unless your doctor tells you otherwise.
- Take on an empty stomach.
- Measure liquid doses carefully. Use the measuring device that comes with this drug. If there is none, ask the pharmacist for a device to measure this drug.

Oral emulsion:

- Shake well before use.

Rectal enema:

- Use enema rectally.

What do I do if I miss a dose?

- If you take this drug on a regular basis, take a missed dose as soon as you think about it.
- If it is close to the time for your next dose, skip the missed dose and go back to your normal time.
- Do not take 2 doses at the same time or extra doses.
- Many times this drug is taken on an as needed basis. Do not take more often

than told by the doctor.

How do I store and/or throw out this drug?

All products:

- Store at room temperature.
- Keep all drugs in a safe place. Keep all drugs out of the reach of children and pets.
- Throw away unused or expired drugs. Do not flush down a toilet or pour down a drain unless you are told to do so. Check with your pharmacist if you have questions about the best way to throw out drugs. There may be drug take-back programs in your area.

All oral products:

- Protect from light.
- Keep lid tightly closed.

General drug facts

- If your symptoms or health problems do not get better or if they become worse, call your doctor.
- Do not share your drugs with others and do not take anyone else's drugs.
- Some drugs may have another patient information leaflet. If you have any questions about this drug, please talk with your doctor, nurse, pharmacist, or other health care provider.
- Some drugs may have another patient information leaflet. Check with your pharmacist. If you have any questions about this drug, please talk with your doctor, nurse, pharmacist, or other health care provider.
- If you think there has been an overdose, call your poison control center or get medical care right away. Be ready to tell or show what was taken, how much, and when it happened.

Consumer Information Use and Disclaimer

This generalized information is a limited summary of diagnosis, treatment, and/or medication information. It is not meant to be comprehensive and should be used as a tool to help the user understand and/or assess potential diagnostic and treatment options. It does NOT include all information about conditions, treatments, medications, side effects, or risks that may apply to a specific patient. It is not intended to be medical advice or a substitute for the medical advice, diagnosis, or treatment of a health care provider based on the health care provider's examination and assessment of a patient's specific and unique circumstances. Patients must speak with a health care provider for complete information about their health, medical questions, and treatment options, including any risks or benefits regarding use of medications. This information does not endorse any treatments or medications as safe, effective, or approved for treating a specific patient. UpToDate, Inc. and its affiliates disclaim any warranty or liability relating to this information or the use thereof. The use of this information is governed by the Terms of Use, available at https://www.wolterskluwer.com/en/know/clinical-effectiveness-terms.

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If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

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