PATIENT & CAREGIVER EDUCATION

# Lactobacillus

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

AcidoBalance; AcidoCore; AcidoCore Max; Advanced Probiotic [OTC]; Bilac; BioBlend [OTC]; Biomevia; Biostora [DSC]; Culturelle Baby [OTC]; Culturelle [OTC]; DermacinRx Probisol [OTC]; Dialyvite Probiotic [OTC]; FloraMelt; Floranex [OTC]; Florasync; Florraxis [DSC]; Florvexa; Gutvite Immune Support [OTC]; IncrevaBiome; Kala [OTC]; Lactinex [OTC]; Lacto-Bifidus [OTC]; Lacto-Pectin [OTC]; Lacto-TriBlend [OTC]; Lactovex; Megadophilus [OTC]; MicroFlor [OTC]; MoreDophilus [OTC]; Nexiva; Novexa; NuGut Bowel Support [OTC]; Paxotin; Pedia-Lax Probiotic Yums [OTC]; Probionyx; Probitrol [OTC]; Promella in Prebiotic; Promerol; ReZyst IM [DSC]; Rhamtrex; Risa-Bid [OTC]; RisaQuad [OTC]; RisaQuad-2 [OTC]; Superdophilus [OTC]; Symbiara; TrueBiome; Visbiome Advanced GI Care [OTC]; Visbiome GI Care [OTC]; VSL #3 [OTC]; VSL #3-DS; Zenvyra

## Brand Names: Canada

Bacid; Bio-K+; Fermalac

## What is this drug used for?

- It is used to keep the normal balance of bacteria in the gastrointestinal (GI) tract.

## What do I need to tell the doctor BEFORE my child takes this drug?

- If your child is allergic to this drug; any part of this drug; or any other drugs, foods, or substances. Tell the doctor about the allergy and what signs your child had.
- If the patient is a premature infant or weighs less than 1 kg (2.2 lb).

This drug may interact with other drugs or health problems.

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

## What are some things I need to know or do while my child takes this drug?

- Tell all of your child's health care providers that your child is taking this drug. This includes your child's doctors, nurses, pharmacists, and dentists.
- If your child is on a lactose-free diet, talk with the doctor. Some products have lactose.
- If your child has high blood sugar (diabetes), check labels closely. Some products have sugar.
- 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.

### If your child is pregnant or breast-feeding a baby:

- Talk with the doctor if your child is pregnant, becomes pregnant, or is breast-feeding a baby. You will need to talk about the benefits and risks to your child and the baby.

## What are some side effects that I need to call my child's 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 child's doctor or get medical help right away if your child has 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.
- Feeling dizzy, tired, or weak.
- Unusual thirst.
- Change in how much urine is passed.
- Muscle pain.
- Bone pain.
- Weight loss.

## 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 child's doctor or get medical help if any of these side effects or any other side effects bother your child or do not go away:

- Gas.
- Upset stomach or throwing up.
- Decreased appetite.
- Stomach cramps.
- Dry mouth.
- Headache.

These are not all of the side effects that may occur. If you have questions about side effects, call your child's doctor. Call your child's doctor for medical advice about side effects.

You may report side effects to your national health agency.

## How is this drug best given?

Give this drug as ordered by your child's doctor. Read all information given to you. Follow all instructions closely.

### Tablets and capsules:

- Give this drug with or without food. Give with food if it causes an upset stomach.
- You may sprinkle contents of capsule on soft food or liquid. Do not let your child chew.

### Chewable tablets and wafers:

- Have your child chew well before swallowing.
- Have your child drink a small amount of water, milk, or fruit juice after swallowing this drug.

### Delayed-release capsules:

- Have your child swallow whole. Do not let your child chew, open, or crush.
- If your child is taking antibiotics, give this drug at least 2 to 3 hours after your child has taken the antibiotics.

### Granules:

- Mix with cereal, food, or milk.
- Do not mix this drug with warm or hot food or drinks.

### Powder:

- Mix with water as you have been told and have your child drink.
- You may also mix the powder with applesauce or yogurt.
- Do not mix this drug in warm or hot drinks.
- If your child is taking antibiotics, give this drug at least 1 hour before or 2 hours after your child takes the antibiotics.

### Liquid (drops):

- Shake well before use.
- This drug may be given on a spoon. Some brands may be mixed with water, breast milk, formula, or other liquids, or given on the breast. Be sure you know how to give this drug.
- Do not mix this drug in warm or hot drinks.
- 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.

## What do I do if my child misses a dose?

- Give a missed dose as soon as you think about it.
- If it is close to the time for your child's next dose, skip the missed dose and go back to your child's normal time.
- Do not give 2 doses at the same time or extra doses.

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

- Follow how to store closely.
- Some brands of this drug need to be stored in a refrigerator. Some brands of this drug need to be stored at room temperature. If you have questions about how to store this drug, talk with your pharmacist.
- Be sure you know how long you can store this drug before you need to

throw it away.

- 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.

## General drug facts

- If your child's symptoms or health problems do not get better or if they become worse, call your child's doctor.
- Do not share your child's drug with others and do not give anyone else's drug to your child.
- Some drugs may have another patient information leaflet. If you have any questions about this drug, please talk with your child's 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

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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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