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PATIENT & CAREGIVER EDUCATION

# Psyllium

This information from Lexicomp® 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

Evac [OTC]; Fiber Therapy [OTC] [DSC]; Geri-Mucil [OTC]; Konsyl Daily Fiber [OTC]; Konsyl Original Formula [OTC] [DSC]; Konsyl [OTC]; Konsyl-D [OTC]; Metamucil MultiHealth Fiber [OTC]; Metamucil [OTC]; Mucilin SF [OTC]; Mucilin [OTC]; Natural Fiber Therapy [OTC]; Natural Fiber [OTC] [DSC]; Natural Psyllium Seed [OTC]; Natural Vegetable Fiber [OTC]; Reguloid [OTC]; Sorbulax [OTC] [DSC]

## Brand Names: Canada

Metamucil

## What is this drug used for?

- It is used to treat constipation.
- It is used to raise fiber in the diet.
- It may be given to your child for other reasons. Talk with the doctor.

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

- If your child has an allergy to this drug or any part of this drug.
- If your child is allergic to any drugs like this one or any other drugs, foods, or other substances. Tell the doctor about the allergy and what signs your child had, like rash; hives; itching; shortness of breath; wheezing; cough; swelling of face, lips, tongue, or throat; or any other signs.
- If your child has 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 your child has trouble swallowing.

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

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 for your child to take this drug with all of his/her 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 has phenylketonuria (PKU), talk with your child's doctor. Some products have phenylalanine.
- Try to space other drugs from this one by 2 hours. This drug stops many drugs from getting into the body.
- Do not give this drug for more than 1 week unless told to do so by your child's doctor.
- If your child has rectal bleeding or does not have a bowel movement after using this drug, talk with your child's doctor.
- Do not use other laxatives or stool softeners unless told to do so by the doctor.
- If your child does not take this drug with lots of liquid, it may swell and block your child's throat or swallowing tube (esophagus). This may cause choking. Do not give if your child has trouble swallowing. If your child has chest pain, throws up, or has trouble swallowing or breathing after taking this drug, get help right away.

### **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.
- Trouble swallowing.

## **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:

- Stomach pain.
- Bloating.
- Stomach cramps.

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.

### **All products:**

- Give this drug with or without food.
- Give this drug with a full glass of water.
- Have your child drink lots of noncaffeine liquids unless told to drink less liquid by your child's doctor.

### **Capsules:**

- Have your child swallow whole. Do not let your child chew, break, or crush.
- If your child takes more than 1 capsule per dose, be sure your child swallows only 1 capsule at a time.

### **Powder:**

- Mix with at least 8 ounces (240 mL) of water or other fluid and have your child drink. If the mixture gets thick, add more liquid and stir.

### **Wafer:**

- Have your child eat the wafer while sitting up.

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

- If your child takes this drug on a regular basis, 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.
- Many times this drug is given on an as needed basis. Do not give to your child more often than told by the doctor.

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

- Store at room temperature.
- Store in a dry place. Do not store in a bathroom.
- 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.
- Keep a list of all your child's drugs (prescription, natural products, vitamins, OTC) with you. Give this list to your child's doctor.
- Talk with your child's doctor before giving your child any new drug, including prescription or OTC, natural products, or vitamins.
- 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 information should not be used to decide whether or not to take this medicine or any other medicine. Only the healthcare provider has the knowledge and training to decide which medicines are right for a specific patient. This information does not endorse any medicine as safe, effective, or approved for treating any patient or health condition. This is only a brief summary of general information about this medicine. It does NOT include all information about the possible uses, directions, warnings, precautions, interactions, adverse effects, or risks that may apply to this medicine. This information is not specific medical advice and does not replace information you receive from the healthcare provider. You must talk with the healthcare provider for complete information about the risks and benefits of using this medicine.

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If you have any questions, contact a member of your healthcare team directly. If you're a patient at MSK and you need to reach a provider after 5:00 PM, during the weekend, or on a holiday, call 212-639-2000.

For more resources, visit [www.mskcc.org/pe](http://www.mskcc.org/pe) to search our virtual library.

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