Psyllium hydrophilic mucilloid for constipation

SESLHDPR/447

POLICY STATEMENT

The Registered Nurse (RN) / Registered Midwife (RM) is authorised to instigate nurse/midwife-initiated medication without an authorised prescriber's order under the specific circumstances set out in the **INDICATIONS** section and provided there are no contraindications present.

It is important for nursing and midwifery staff to remain aware that:

- Minor ailments may be symptoms of other more serious diseases or may be adverse reactions to medication already prescribed
- Nurse-initiated medication may interact with the patient's prescribed medication
- The maximum daily recommended dose of the medication must not be exceeded.[1]

The administering nurse/midwife must record the administration on an approved paper or electronic medication chart, clearly indicating that the medicine was nurse initiated.

If the patient continues to require the medication (i.e., more than two doses in 24 hours) then a medical officer (MO) must be consulted and a regular or PRN order obtained.

A change in the patient's condition such as newly occurring or increasing severity of symptoms must be reported to the MO and investigated.

INDICATIONS

Constipation in patients aged 6 years and over

CONTRAINDICATIONS

Intestinal obstruction, partial or complete
Hypersensitivity to the active substance or to any of the excipients.

PRECAUTIONS

Dysphagia—avoid use; oesophageal obstruction may occur.
Phenylketonuria—avoid Metamucil Smooth Texture® -it contains aspartame.
Heart failure or renal impairment – risk of fluid overload
Safe to use in pregnancy and breastfeeding

HISTORY/ASSESSMENT

- Assess patient's usual bowel habits (frequency of stools, volume, colour, consistency)
- Patient's current bowel status (last time bowel opened)
- Assess for alterations in bowel patterns
- Refer to medical officer if patient has the following symptoms: blood in stools, weight loss, abdominal pain
- Assess patient for faecal impaction.
- Review patient's current medication for medicines which may cause constipation
- Consider risk of fluid overload

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PROTOCOL/ADMINISTRATION GUIDELINES

Caution: CHECK for allergies and/or contraindications

Drug	Dose	Route	Frequency
Psyllium husk oral powder	***6 to 11 years:*** **5.5 g (= 1.5 teaspoonsful) in 125 mL of water**	**Oral**	**Once**
	12 years and over: **11 g (= 3 teaspoonsful) in 250 mL of water**		
Mix in water, stir briskly, and administer immediately. If mixture thickens, add more water, and stir.			

MONITORING - POTENTIAL ADVERSE EFFECTS/INTERACTIONS

Monitor bowel function and complete stool chart
Common Adverse effects (>1%): flatulence, bloating, abdominal discomfort.
Rare Adverse effects (<0.1%): hypersensitivity reactions including rhinitis, urticaria, bronchospasm and anaphylactic shock, intestinal obstruction, oesophageal obstruction.
Other medications must be given two hours apart from psyllium hydrophilic mucilloid (Metamucil™) to avoid interactions.

DOCUMENTATION

A record of the administration must be made on the approved paper or electronic medication chart noting that the medication was nurse initiated.
A further record of the medication administered including indication, dose and effect must be included in the patient's health care record.

PRACTICE POINTS

- Onset of action is 3 days.
- Should not be given immediately before going to bed.
- Ensure adequate fluid intake
- Ensure adequate dietary fibre intake.
- Encourage mobility, where possible.
- Consider review by dietician, if appropriate.

REFERENCES/FURTHER READING

1. NSW Health Policy Directive Medication Handling PD2022_032
2. MIMs Online. Metamucil.
3. Australian Medicines Handbook. Bulk-forming laxatives. South Australia: Australian Medicines Handbook Pty Ltd, January 2023.

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REVISION and APPROVAL HISTORY

Date	Revision Number	Author and Approval
July 2015	DRAFT	Pharmacy Department, Prince of Wales Hospital
September 2015	1	Approved by SESLHD Drug & QUM Committee
May 2018	Draft 2	Reviewed by nursing and pharmacy staff. References updated; brand names removed
July 2018	2	Approved by SESLHD Quality Use of Medicines Committee.
September 2021	DRAFT 3	Reviewed by nursing and pharmacy staff. Minor wording updates
October 2021	3	Approved by SESLHD Quality Use of Medicines Committee
June 2023	DRAFT 4	NSW Medicines Formulary reviewed. Reviewed by nursing and pharmacy staff.
September 2023	4	Approved by SESLHD Drug and Therapeutics Committee