Contilos

(Lactulose USP concentrated oral solution)

COMPOSITION

Each 5 ml concentrated oral solution contains Lactulose USP 3.35 gm.

DESCRIPITION

Contilos (Lactulose) is a synthetic disaccharide. Lactulose is metabolized in the colon by the saccharolytic bacteria, producing low molecular weight organic acids (mainly lactic acid), which lowers the pH of the colon contents, promote the retention of water by an osmotic effect; thus increasing peristaltic activity. Lactulose is minimally absorbed; therefore, the pharmacokinetics of the absorbed material are not relevant to the principal therapeutic action.

INDICATION

1. **Constipation (Chronic Constipation):** In every case of chronic constipation, initial treatment should consist of a diet rich in fiber (vegetables, salads, fruits, Supplements of linseeds, wheat germ,etc.) a generous amount of liquids and much physical exercise. Contilos is only to be taken when these measures prove insufficient.

2. Intestinal flora disturbances: In
-damaged to intestinal flora (e.g. following long-term antibiotic treatment)
-gall bladder diseases
-intestinal diseases (Colitis, Diverticulosis, Megacolon)

3. Increased blood ammonia levels (hyper ammoniemia in hepatopathy, portalsystemic encephalopathy)

DOSAGE AND ADMINISTRATION

Dosage should be followed accurately unless otherwise specified.

1. In constipation (chronic constipation):

	Initially	In long-term therapy
Adults	3-6 tea-spoons daily	1.5-6 tea-spoons daily
Children up to 14 years	3 tea-spoons daily	1-2 tea-spoons daily
Infants and toddlers	1-2 tea-spoons daily	1 tea -spoons daily

2. In damaged intestinal flora:
Adults: 1-2 tea-spoons daily
Children: 1 tea-spoon daily

3. For reduction of blood ammonia level:
Hyper-ammoniemia in hepatopathy- a maximum of 18-30 tea-spoons daily. In portal systemic encephalopathy- hourly doses of 6-9 tea-spoons of Lactulose solution may be used to induce the rapid laxation. When the laxative effect has been achieved, the dose may then be reduced.

CONTRAINDICATION

Hypersensitivity to either galactose and or lactose; galactose-free diet, gastro-cardial symptom complex, suspected intestinal obstruction.

PRECAUTION

Contilos should be administered with care to patients who are intolerant to lactulose. The dose used in the treatment of (pre) coma hepaticum is usually much higher and may need to be taken into consideration for diabetics.

SIDE EFFECT

Occasionally flatulence, cramp and abdominal discomfort can occur at the beginning of treatment; this is rapidly eliminated by reducing the dose. Overdose can result in diarrhoea. In abuse, loss of electrolytes (primarily potassium).

USE IN PREGNANCY AND LACTATION

US FDA Pregnancy Category of Lactulose is B. Studies show that Lactulose has no adverse effects. Decisions regarding use during pregnancy and lactation must be.

DRUG INTERACTION

There is no significant drug interactions with lactulose. The glycosidic effect of cardiac glycosides can be intensified by potassium deficiency in abuse. made by registered physician.

STORAGE CONDITION

Store below 30° C in a dry place, keep away from light and moisture. Do not freeze.

Dilution and subsequent stroage is not recommended. Keep out of reach of children.

HOW SUPPLIED

Contilos: Each PET bottle contains 100 ml concentrate oral solution.

Goodman

Manufactured by:
Goodman Pharmaceuticals Ltd.
Better Health For All
Bhangnahati, Sreepur, Gazipur, Bangladesh