2 3 4 5 6 7 8

PACKAGE LEAFLET: INFORMATION FOR THE USER

Lactulose 3.3g/5ml Oral Solution

(Lactulose)

Read all of this leaflet carefully before you start using this medicine because it contains important information for you.

Always take this medicine exactly as described in this leaflet or as your doctor or pharmacist has told you.
- Keep this leaflet. You may need to read it again.
- Ask your doctor or pharmacist if you need more information or advice.
- If you get any side effects talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.
- You must talk to your doctor if you do not feel better or if you feel worse after several days.

What is in this leaflet

1. What Lactulose Solution is and what it is used for
2. What you need to know before you take Lactulose Solution
3. How to take Lactulose Solution
4. Possible side effects
5. How to store Lactulose Solution
6. Contents of the pack and other information

1. WHAT LACTULOSE SOLUTION IS AND WHAT IT IS USED FOR

Lactulose Solution belongs to a group of medicines called laxatives. It makes the stool softer and easier to pass, by drawing water into the bowel. It is not absorbed into your body.
It is used in the treatment of constipation (infrequent bowel movements, hard and dry stools) and to treat hepatic encephalopathy (a liver disease causing confusion, tremor, decreased level of consciousness including coma). This is also known as a 'hepatic coma'.

2. WHAT YOU NEED TO KNOW BEFORE YOU TAKE LACTULOSE SOLUTION

Do not take Lactulose Solution:
- if you are allergic (hypersensitive) to lactulose or any of the other ingredients of this medicine (listed in Section 6);
- if you are suffering from a blockage caused by anything else but normal constipation, digestive perforation or risk of digestive perforation;
- if you suffer from a rare problem called 'galactosaemia'.

Do not take Lactulose Solution if any of the above apply to you. If you are not sure, talk to your doctor or pharmacist before taking Lactulose Solution.

Warnings and precautions
Talk to your doctor or pharmacist before taking Lactulose Solution if you suffer from any medical conditions or illnesses, in particular:
- if you suffer from unexplained tummy ache
- if you are unable to digest milk sugar (lactose intolerant)
- if you have diabetes

You should not take Lactulose Solution if you suffer from:
- glucose-galactose malabsorption syndrome
- Lapp lactase deficiency
- galactose or fructose intolerance.

If you take lactulose solution for several days and there is no improvement in your condition or if your symptoms worsen, please contact your doctor.

Prolonged use of the same dose, or misuse, can lead to diarrhoea and disturbance of the electrolyte balance.

If you have diabetes and are treated for hepatic encephalopathy, your dose of lactulose will be higher. This high dose contains a large amount of sugar. Therefore, you may need to adjust the dose of your anti-diabetic medicine.

Children
In special circumstances your doctor may prescribe Lactulose Solution for a child, infant or baby. In these cases your doctor will supervise the treatment carefully. Lactulose Solution should only be given to infants and smaller children if indicated as it can influence the normal reflexes for passing stools.

Other medicines and Lactulose Solution
Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines.

Lactulose Solution with food and drink
Lactulose Solution may be taken with or without food. There are no restrictions on what you can eat or drink.

Pregnancy, breast-feeding and fertility
Talk to your doctor or pharmacist before taking this medicine if you are pregnant, might become pregnant or are breast-feeding. Lactulose Solution can be used in pregnancy and when breast-feeding if necessary. No effects on fertility are to be expected.

Driving and using machines
There should be no problems when taking Lactulose Solution.

Important information about some of the ingredients of Lactulose Solution
Lactulose Solution may contain small amounts of lactose, galactose, epilactose or fructose. If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicine.

3. HOW TO TAKE LACTULOSE SOLUTION

Always take this medicine exactly as described in this leaflet or as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.
- Take Lactulose Solution from a spoon or measuring cup.
- Lactulose may be taken with water or fruit juice. It is recommended that you drink plenty of fluids (1.5-2 l/day, equal to 6-8 glasses throughout the day).
- Swallow the dose immediately. Do not keep it in your mouth as the sugar content may lead to tooth decay, particularly if this medicine is taken for long periods.
- Lactulose takes 2 to 3 days to start working. After this time you may be able to reduce the dose you take according to your needs.

PTO

Constipation

Adults:	15ml twice daily (3 x 5ml spoonful)
Children 5 to 10 years:	10ml twice daily (2 x 5ml spoonful)
Children under 5 years:	5ml twice daily (1 x 5ml spoonful)
Babies under 1 year:	2.5ml twice daily (½ x 5ml spoonful)

Use in children: Use of laxatives in children, infants and babies should be exceptional and under medical supervision because it can influence the normal reflexes for passing stools. Please do not give Lactulose Solution to children before consulting your doctor for prescription and careful supervision.

To treat hepatic encephalopathy (adults only)
Higher doses of Lactulose Solution are required

Adults: 30-50ml three times daily.
Children: No information is available for treatment of children (newborn to 18 years) with hepatic encephalopathy.
Elderly and patients with renal or hepatic insufficiency: No special dosage recommendations exist.

If you take more Lactulose Solution than you should
If you take more Lactulose Solution than you should stop taking lactulose and talk to a doctor or pharmacist.
You may have diarrhoea and abdominal pain.

If you forget to take Lactulose Solution
If you forget to take a dose of Lactulose Solution do not worry. Just take the next dose at the usual time. Do not take a double dose to make up for a forgotten dose.

4. POSSIBLE SIDE EFFECTS

Like all medicines, this medicine can cause side effects, although not everybody gets them. The following side effects have been reported with Lactulose Solution:

Very common (may affect more than 1 in 10 people)
- diarrhoea

Common (may affect up to 1 in 10 people)
- flatulence (wind)
- nausea (feeling sick)
- vomiting
- abdominal pain

Uncommon (may affect up to 1 in 100 people)
- electrolyte imbalance due to diarrhoea

Not known (frequency cannot be estimated from the available data)
- Allergic reactions, rash, itching, hives.

Flatulence may occur during the first few days of treatment. Generally it disappears after a few days. When dosages higher than instructed are used, abdominal pain and diarrhoea may occur. In such a case the dosage should be decreased.

If you use high doses (normally only associated with hepatic encephalopathy) for an extended period of time, you may experience electrolyte imbalance due to diarrhoea.

Reporting of side effects
If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the Yellow Card Scheme at www.mhra.gov.uk/yellowcard. By reporting side effects you can help provide more information on the safety of this medicine.

5. HOW TO STORE LACTULOSE SOLUTION

Keep this medicine out of the sight and reach of children.
Do not refrigerate or freeze.
Do not use this medicine after the expiry date which is stated on the bottle. The expiry date refers to the last day of that month. Use within 6 months of first opening and discard any remaining solution.

Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

6. CONTENTS OF THE PACK AND OTHER INFORMATION

What Lactulose Solution contains
- The active substance is lactulose. Each 5ml of Lactulose Solution contains 3.3g of lactulose.
- Lactulose Solution does not contain any other ingredients. However it may contain small amounts of other sugars, such as lactose, galactose, epilactose and fructose.

What Lactulose Solution looks like and contents of the pack
Lactulose Solution is a clear, colourless to brownish yellow viscous liquid. Lactulose Solution is available in plastic bottles containing 200, 300, 500, 1000 and 5000 ml.
Not all pack sizes may be marketed.

Marketing Authorisation Holder
Resolution Chemicals Ltd
Wedgwood Way, Stevenage, Herts, SG1 4QT, United Kingdom

Manufacturers
Central Pharma Limited, Caxton Road, Bedford, MK41 0XZ.
Thorpe Laboratories Limited, Enterprise Road, Mablethorpe, LN12 1NB

This leaflet was last revised in June 2026

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Lactulose 3.3g/5ml Oral Solution

(Lactulose)

300 ml

Lactulose also contains lactose, galactose and small amounts of fructose (all are types of sugar).

Oral solution. 5ml of Lactulose Solution contains 3.3g of Lactulose.

PL 10321/0219 **UK Only**
MA Holder:
Resolution Chemicals Ltd
Wedgwood Way, Stevenage, Herts, SG1 4QT, United Kingdom

ITEM CODE

RESOLUTION

9 10 11 12 13 14

PHARMA DESIGN
PHARMACEUTICAL ARTWORK SPECIALISTS

Resolution Chemicals Ltd

Lactulose 3.3mg-ml - 300ml (Res)	
Pharma Job No.:	Lactulose_3.3mg-ml - 300ml (Label-PIL)
File Name:	Lactulose_3.3mg-300ml_solution_tbl-PIL_Res_UK_POver01.ai
QRD Doc Ref.	uk-impack-coo.doc
Client Job No.:	N/A
Client Comp Code:	N/A
Mnf Comp Code:	N/A
Origination Date:	**17 June 2026**
Revision Date:	**N/A**
Revised By:	AW01
Dimensions:	55 x 108 mm
Market(s):	United Kingdom (UK)
Language(s):	English

Job: No. / Status / Ref.

Version: 01

Printed: K - Black 100% | PANTONE® 299 C | PANTONE® 1795 C | PANTONE® Blue 072 C

Non-Printed: CUTTER | BRAILLE | CUTTER INFO

Measurement Tool (mm) 100 % scale

0 10 20 30 40 50 60 70 80 90 100

Minimum Font Size:
- Body copy text = 8 pt

2 3 4 5 6 7 8

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(Lactulose)

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PL 10321/0219 **UK Only**
MA Holder:
Resolution Chemicals Ltd
Wedgwood Way, Stevenage, Herts, SG1 4QT, United Kingdom

ITEM CODE

RESOLUTION

9 10 11 12 13 14

PHARMA DESIGN
PHARMACEUTICAL ARTWORK SPECIALISTS

Resolution Chemicals Ltd

Lactulose 3.3mg-ml - 500ml (Res)	
Pharma Job No.:	Lactulose_3.3mg-ml - 500ml (Label-PIL)
File Name:	Lactulose_3.3mg-500ml_solution_tbl-PIL_Res_UK_POver01.ai
QRD Doc Ref.	uk-impack-coo.doc
Client Job No.:	N/A
Client Comp Code:	N/A
Mnf Comp Code:	N/A
Origination Date:	**17 June 2026**
Revision Date:	**N/A**
Revised By:	AW01
Dimensions:	55 x 108 mm
Market(s):	United Kingdom (UK)
Language(s):	English

Job: No. / Status / Ref.

Version: 01

Printed: K - Black 100% | PANTONE® 299 C | PANTONE® 1795 C | PANTONE® Blue 072 C

Non-Printed: CUTTER | BRAILLE | CUTTER INFO

Measurement Tool (mm)
100 % scale

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