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# FiberCon

**Generic name:** [polycarbophil](#) [ POL-ee-KAR-boe-fil ]

**Brand names:** [Equalactin](#), [Fiber Lax](#), [Fiber Laxative](#), Fiber Tabs, FiberCon, ... [show all 8 brands](#)

**Drug class:** [Laxatives](#)



[Medically reviewed](#) by Drugs.com on Aug 3, 2023. Written by [Cerner Multum](#).

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## What is FiberCon?

FiberCon is a bulk-forming laxative that increases the amount of water in your stools to help make them softer and easier to pass.

FiberCon is used to treat [constipation](#) and to help maintain regular bowel movements.

FiberCon may also be used for purposes not listed in this medication guide.

## FiberCon side effects

Get emergency medical help if you have any of these **signs of an allergic reaction**: hives; difficult breathing; swelling of your face, lips, tongue, or throat.

**FiberCon may cause serious side effects. Call your doctor at once if you have:**

- severe stomach cramps, rectal bleeding; or
- no bowel movement within 3 days after using FiberCon.

**Common side effects of FiberCon may include:**

- mild stomach pain;
- bloating; or
- gas.

This is not a complete list of side effects and others may occur. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.



[FiberCon side effects](#) (more detail)

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5.3 / 10

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## Warnings

Follow all directions on your medicine label and package. Tell each of your healthcare providers about all your medical conditions, allergies, and all medicines you use.

## Before taking this medicine

You should not use FiberCon if you are allergic to FiberCon or to [mineral oil](#), sodium laurel sulfate, or povidone (such as [Betadine](#)).

Ask a doctor or pharmacist if it is safe for you to use this medicine if you have other medical conditions, especially:

- [irritable bowel syndrome](#);
- trouble swallowing;
- stomach pain with [nausea](#) or [vomiting](#);
- a blockage in your intestines;
- a history of bleeding from your rectum;
- a sudden change in bowel habits that lasts 2 weeks or longer; or
- if you have been constipated for more than 1 week.

Ask your doctor before taking FiberCon if you are pregnant or breast-feeding.

This medicine may contain phenylalanine. Talk to your doctor before taking FiberCon if you have [phenylketonuria](#) (PKU).

Do not give this medicine to a young child without the advice of a doctor.

## How should I take FiberCon?

FiberCon is usually taken 1 to 4 times per day. Use exactly as directed on the label, or as prescribed by your doctor. Do not use in larger or smaller amounts or for longer than recommended. **Overuse of a laxative may cause damage to the nerves, muscles, or tissues in your intestines.**

Take this medicine with a full glass (8 ounces) of water or other liquid. Then drink one more glass of water.

The **chewable tablet** form of [polycarbophil](#) must be chewed before you swallow it. After chewing and swallowing the tablet, drink a full glass of water.

Taking FiberCon without enough liquid may cause the tablet to swell in your throat and cause choking, especially in older adults.

Seek emergency medical attention if you have chest pain, vomiting, trouble swallowing, or trouble breathing after taking this medicine.

**Drink plenty of fluids each day while you are taking FiberCon.**

You should have a bowel movement within 12 hours to 3 days.

Call your doctor if your symptoms do not improve after 3 days of treatment.

Store at room temperature away from moisture and heat.

## What happens if I miss a dose?

Since FiberCon is used when needed, you may not be on a dosing schedule. If you are on a schedule, use the missed dose as soon as you remember. Skip the missed dose if it is almost time for your next scheduled dose. **Do not** use extra medicine to make up the missed dose.

## What happens if I overdose?

Seek emergency medical attention or call the Poison Help line at 1-800-222-1222.

## What should I avoid while taking FiberCon?

Avoid taking FiberCon within 2 hours before or 2 hours after you take any other medicines. A laxative can make it harder for your body to absorb other medicines.

## What other drugs will affect FiberCon?

Other drugs may interact with polycarbophil, including prescription and over-the-counter medicines, [vitamins](#), and [herbal products](#). Tell each of your health care providers about all medicines you use now and any medicine you start or stop using.

 [FiberCon drug interactions](#) (more detail)

# Does FiberCon interact with my other drugs?

Enter medications to view a detailed interaction report using our [Drug Interaction Checker](#).

FiberCon

+

Enter a drug name

Add

## More about FiberCon (polycarbophil)

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## Patient resources

### Other brands

[Fiber Lax](#), [Fibertab](#), [Fiber Laxative](#), [Konsyl Daily Fiber Therapy](#), [Equalactin](#)

## Related treatment guides

- [Constipation](#)

## Further information

Remember, keep this and all other medicines out of the reach of children, never share your medicines with others, and use this medication only for the indication prescribed.

Always consult your healthcare provider to ensure the information displayed on this page applies to your personal circumstances.

[Medical Disclaimer](#)

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### Availability

OTC Over the counter

### CSA Schedule\*

N/A Not a controlled drug



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## Images

[FiberCon 625 mg \(LL F 1\)](#)



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