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2. Lactulose

Lactulose

Generic name: lactulose (oral) [*LAK-too-lose*]

Brand names: [Constulose](#), [Generlac](#), [Kristalose](#), Chronulac, Cephulac, ... [show all 11 brands](#)

Dosage forms: oral powder for reconstitution (10 g; 20 g), oral syrup (10 g/15 mL), oral and rectal liquid (10 g/15 mL)

Drug class: [Laxatives](#)



[Medically reviewed](#) by Drugs.com on Sep 25, 2024. Written by [Cerner Multum](#).

[Uses](#) [Side effects](#) [Warnings](#) [Before taking](#) [Dosage](#) [Interactions](#) [FAQ](#)

What is lactulose?

Lactulose is used to treat chronic [constipation](#).

Lactulose is sometimes used to treat or prevent certain conditions of the brain that are caused by liver failure. These conditions can lead to confusion, problems with memory or thinking, behavior changes, tremors, feeling irritable, sleep problems, loss of coordination, and loss of consciousness.

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

Lactulose side effects

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

Stop using lactulose and call your doctor at once if you have severe or ongoing [diarrhea](#).

Common side effects of lactulose may include:

- bloating, gas;
- stomach pain;
- diarrhea; or
- [nausea](#), [vomiting](#).

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.



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

Related/similar drugs

MiraLAX

MiraLAX (polyethylene glycol) is used as a laxative to treat occasional constipation or irregular ...

Reviews & ratings

7.2 / 10

[262 Reviews](#)

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Colace

Colace makes bowel movements softer and is used to treat or prevent constipation. Includes Colace ...

Reviews & ratings

6.3 / 10

[18 Reviews](#)

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Reviews & ratings

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Linzess

Linzess (linaclotide) is used to treat chronic idiopathic constipation, irritable bowel syndrome ...

Reviews & ratings

6.7 / 10

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Xifaxan

Xifaxan (rifaximin) is used to treat travelers' diarrhea, irritable bowel syndrome with diarrhea ...

Reviews & ratings

6.5 / 10

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Dulcolax

Dulcolax (bisacodyl) is a laxative used to treat constipation. Includes Dulcolax side effects ...

Reviews & ratings

5.3 / 10

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Warnings

Use only as directed. Tell your doctor if you use other medicines or have other medical conditions or allergies.

Before taking this medicine

You should not use lactulose if you are on a special diet low in galactose (milk sugar).

Tell your doctor if you have ever had:

- [diabetes](#); or
- if you need to have any type of intestinal test using a scope (such as a [colonoscopy](#)).

Tell your doctor if you are pregnant or breastfeeding.

How should I take lactulose?

Follow all directions on your prescription label and read all medication guides or instruction sheets. Use the medicine exactly as directed.

Mix lactulose **powder** with at least 4 ounces of water, milk, or fruit juice.

Measure **liquid medicine** with the supplied measuring device (not a kitchen spoon).

Lactulose should produce a bowel movement within 24 to 48 hours.

If you use lactulose long-term, you may need frequent medical tests.

Tell your doctor if you have a planned colonoscopy or proctoscopy procedure.

Store tightly closed at room temperature, away from moisture and heat. Avoid freezing.

The liquid may turn darker in color, but this will not affect the medicine. **Do not use the medicine if it becomes very dark or gets thicker or thinner in texture.**

Lactulose dosing information

Usual Adult Dose for Constipation -- Chronic:

15 mL orally once a day.

Usual Adult Dose for Constipation -- Acute:

Initial dose: 15 mL orally once a day. Therapy should be continued until normal bowel function resumes.

Usual Adult Dose for Hepatic Encephalopathy:

Initial dose: 30 mL orally 3 times a day or

300 mL in 700 mL water or normal saline as an enema retained for 30 to 60 minutes every 4 to 6 hours.

Maintenance dose: 30 to 45 mL orally 3 times a day.

Usual Pediatric Dose for Hepatic Encephalopathy:

Infants: 1.7 to 6.7 g/day (2.5 to 10 mL) orally daily divided in 3 to 4 doses. Adjust dosage to produce 2 to 3 soft stools per day.

Children: 26.7 to 60 g/day (40 to 90 mL) orally daily divided in 3 to 4 doses. Adjust dosage to produce 2 to 3 soft stools per day.

Usual Pediatric Dose for Constipation -- Chronic:

Children: 0.7 to 2 g/kg/day (1 to 3 mL/kg/day) orally in divided doses daily; generally recommended not to exceed the adult maximum of 40 g/day (60 mL/day).

 [Detailed Lactulose dosage information](#)

What happens if I miss a dose?

Take the medicine as soon as you can, but skip the missed dose if it is almost time for your next dose. **Do not** take two doses at one time.

What happens if I overdose?

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

Overdose may cause nausea, vomiting, diarrhea, and stomach cramps, or symptoms of low blood potassium or low blood sodium (confusion, weakness, constipation, irregular heartbeats, fluttering in your chest, increased thirst or urination,

numbness or tingling, muscle weakness or limp feeling).

What should I avoid while taking lactulose?

Ask your doctor before taking any other laxative or an antacid, and take only the type your doctor recommends.

What other drugs will affect lactulose?

Other drugs may affect lactulose, including prescription and over-the-counter medicines, [vitamins](#), and [herbal products](#). Tell your doctor about all other medicines you use.

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

Does lactulose interact with my other drugs?

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

+

Add

Popular FAQ

Which drugs cause opioid-induced constipation?



More about lactulose

- [Check interactions](#)
- [Compare alternatives](#)
- [Pricing & coupons](#)
- [Reviews \(153\)](#)
- [Side effects](#)
- [Dosage information](#)
- [During pregnancy](#)
- [Support group](#)
- [Drug class: laxatives](#)
- [En español](#)

Patient resources

- [Lactulose Oral Solution patient information](#)
- [Lactulose Powder for Oral Solution](#)
- [Lactulose Solution \(Encephalopathy\)](#)

Other brands

[Constulose](#), [Enulose](#), [Duphalac](#), [Kristalose](#), ... +3 more

Professional resources

- [Lactulose monograph](#)
- [Lactulose \(FDA\)](#)
- [Lactulose Oral Solution \(FDA\)](#)

Other brands

[Constulose](#), [Enulose](#), [Kristalose](#), [Generlac](#)

Related treatment guides

- [Hepatic Encephalopathy](#)
- [Constipation, Chronic](#)
- [Constipation, Acute](#)
- [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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DRUG STATUS

Availability
Rx Prescription only

Pregnancy & Lactation
 Risk data available

CSA Schedule*
N/A Not a controlled drug

Approval History



User Reviews & Ratings

7.6 / 10

[153 Reviews](#)

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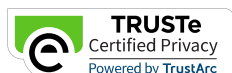
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