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Metamucil (Powder)

Generic name: [Psyllium Powder](#) [SIL-i-yum]

Brand names: Konsyl, Metamucil

Drug class: [Laxatives](#)

[Medically reviewed](#) by Drugs.com. Last updated on Nov 4, 2023.

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Uses of Metamucil:

- It is used to treat [constipation](#).
- It is used to raise fiber in the diet.
- It may be given to you for other reasons. Talk with the doctor.

What do I need to tell my doctor BEFORE I take Metamucil?

- If you have an [allergy](#) to [psyllium](#) or any other part of [Metamucil](#) (psyllium powder).
- If you are allergic to Metamucil (psyllium powder); any part of Metamucil (psyllium powder); or any other drugs, foods, or substances. Tell your doctor about the allergy and what signs you had.
- If you have any of these health problems: Bowel block, belly pain, [upset stomach](#), rectal bleeding, throwing up, or change in bowel habits lasting longer than 2 weeks.
- If you have trouble swallowing.

This is not a list of all drugs or health problems that interact with Metamucil (psyllium powder).

Tell your doctor and pharmacist about all of your drugs (prescription or OTC, natural products, [vitamins](#)) and health problems. You must check to make sure that it is safe for you to take Metamucil (psyllium powder) with all of your drugs and health problems. Do not start, stop, or change the dose of any drug without checking with your doctor.

What are some things I need to know or do while I take Metamucil?

- Tell all of your health care providers that you take Metamucil (psyllium powder). This includes your doctors, nurses, pharmacists, and dentists.
- Try to space other drugs from this one by 2 hours. This medicine stops many drugs from getting into the body.
- Do not use Metamucil (psyllium powder) for more than 1 week unless told to do so by your doctor.

- If you have rectal bleeding or you do not have a bowel movement after using Metamucil (psyllium powder), talk with your doctor.
- Do not use other [laxatives](#) or stool softeners unless told to do so by the doctor.
- If you do not take Metamucil (psyllium powder) with lots of liquid, it may swell and block your throat or swallowing tube (esophagus) and may cause choking. Do not take if you have trouble swallowing. If you have chest pain, are throwing up, or have trouble swallowing or breathing after taking this drug, get help right away.
- If you have [phenylketonuria](#) (PKU), talk with your doctor. Some products have phenylalanine.
- Tell your doctor if you are pregnant, plan on getting pregnant, or are breast-feeding. You will need to talk about the benefits and risks to you and the baby.

How is this medicine (Metamucil) best taken?

Use Metamucil (psyllium powder) as ordered by your doctor. Read all information given to you. Follow all instructions closely.

- Take with or without food.
- Take with a full glass of water.
- Drink lots of noncaffeine liquids unless told to drink less liquid by your doctor.
- Mix with at least 8 ounces (240 mL) of water or other fluid and drink. If the mixture gets thick, add more liquid and stir.

What do I do if I miss a dose?

- If you take Metamucil (psyllium powder) on a regular basis, take a missed dose as soon as you think about it.
- If it is close to the time for your next dose, skip the missed dose and go back to your normal time.
- Do not take 2 doses at the same time or extra doses.
- Many times Metamucil (psyllium powder) is taken on an as needed basis. Do not take more often than told by the doctor.

 [Detailed Metamucil dosage information](#)

What are some side effects that I need to call my doctor about right away?

WARNING/CAUTION: Even though it may be rare, some people may have very bad and sometimes deadly side effects when taking a drug. Tell your doctor or get medical help right away if you have any of the following signs or symptoms that may be related to a very bad side effect:

- Signs of an allergic reaction, like [rash](#); hives; [itching](#); red, swollen, blistered, or peeling skin with or without [fever](#); [wheezing](#); tightness in the chest or throat; trouble breathing, swallowing, or talking; unusual hoarseness; or swelling of the mouth, face, lips, tongue, or throat.
- Trouble swallowing.

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

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What are some other side effects of Metamucil?

All drugs may cause side effects. However, many people have no side effects or only have minor side effects. Call your doctor or get medical help if any of these side effects or any other side effects bother you or do not go away:

- Stomach pain.
- Bloating.
- Stomach cramps.

These are not all of the side effects that may occur. If you have questions about side effects, call your doctor. Call your doctor for medical advice about side effects.

You may report side effects to the FDA at 1-800-332-1088. You may also report side effects at <https://www.fda.gov/medwatch>.

If OVERDOSE is suspected:

If you think there has been an overdose, call your poison control center or get medical care right away. Be ready to tell or show what was taken, how much, and when it happened.

How do I store and/or throw out Metamucil?

- Store at room temperature.

- Store in a dry place. Do not store in a bathroom.
- Keep all drugs in a safe place. Keep all drugs out of the reach of children and pets.
- Throw away unused or expired drugs. Do not flush down a toilet or pour down a drain unless you are told to do so. Check with your pharmacist if you have questions about the best way to throw out drugs. There may be drug take-back programs in your area.

Consumer Information Use and Disclaimer

- If your symptoms or health problems do not get better or if they become worse, call your doctor.
- Do not share your drugs with others and do not take anyone else's drugs.
- Some drugs may have another patient information leaflet. Check with your pharmacist. If you have any questions about Metamucil (psyllium powder), please talk with your doctor, nurse, pharmacist, or other health care provider.
- If you think there has been an overdose, call your poison control center or get medical care right away. Be ready to tell or show what was taken, how much, and when it happened.

Frequently asked questions

- [Metamucil vs. MiraLAX: How do they compare?](#)
- [Is psyllium husk an affordable weight loss option to Ozempic?](#)
- [Is it normal to have rubber like jelly in the stool when taking Metamucil?](#)
- [What to do for bloating while taking Metamucil?](#)
- [Metamucil - does it accelerate acid reflux?](#)

[View more FAQ...](#)

More about Metamucil (psyllium)

- [Check interactions](#)
- [Compare alternatives](#)
- [Reviews \(76\)](#)
- [Side effects](#)
- [Dosage information](#)
- [Patient tips](#)
- [During pregnancy](#)
- [Support group](#)
- [Drug class: laxatives](#)
- [Breastfeeding](#)

Patient resources

- [Metamucil \(Psyllium Capsules\) patient information](#)
- [Metamucil \(Psyllium Wafers\)](#)

Other brands

[Laxmar](#), [Hydrocil](#), [Natural Fiber Therapy](#)

Related treatment guides

- [Irritable Bowel Syndrome](#)
- [Constipation](#)
- [Dietary Fiber Supplementation](#)

Further information

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

[Medical Disclaimer](#)

DRUG STATUS

Availability

OTC Over the counter

Pregnancy & Lactation

 Risk data available

CSA Schedule*

N/A Not a controlled drug



User Reviews & Ratings

7.0 / 10

[76 Reviews](#)

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