

Ispaghula husk in breastfeeding mothers

What is ispaghula husk used for?

Ispaghula husk (also known as Fybogel) is a laxative used to treat or prevent constipation.

How the medicine works

Ispaghula husk is high in natural fibre. It works by absorbing water and increasing the bulk of your stools. This softens your stools making them easier to pass and also encourages your bowels to move the stools through your digestive system. If you have a tear following childbirth, taking a laxative such as ispaghula husk stops you straining your stitches and helps the tear to heal.

Safety of ispaghula husk during breastfeeding

Ispaghula husk is not known to be harmful while breastfeeding as it is not absorbed by the digestive system. This means that your baby will not feel the effects of the laxative.

Should I time the dose around breastfeeding?

There is no need to alter the timing of feeds while you are taking ispaghula husk.

How and when you should take your medicine

Dissolve one sachet in 150ml (1/4 pint) of cold water. Stir the mixture well and drink it straight away, preferably after meals. Drink plenty of water while taking ispaghula husk.

Monitoring

Your baby does not need to be monitored. However, tell your doctor, nurse, or pharmacist if your baby has any symptoms which you are concerned about.

Possible side effects

You may experience flatulence and bloating when you start taking ispaghula husk. This should improve with time but see your doctor if you have any concerns.

Breastfeeding and medicines

Breastfeeding your baby is an important decision. It provides an excellent source of nutrition and is important in helping to form the bond with your baby. This decision will be supported in every way possible.

You may find that you have to take medicines whilst you are breastfeeding, and may therefore wonder if it is still safe to breastfeed.

Unfortunately, many mums are wrongly told that it is unsafe to breastfeed whilst taking some medicines, but this is often not the case.

The label on the medicine packet and the leaflet inside will tell you how much and when to take your medicine and also general information about side effects and drug interactions. The purpose of this leaflet is to address any concerns you might have if you are also breastfeeding.

Please return any unused medicines that are no longer needed to a pharmacy for safe disposal.

Further information

A leaflet which explains your medicine can be found within most medicine packets. We also recommend the following websites for further information on your medicines:

www.medicines.org.uk/guides and www.nhs.uk

If you would like to leave feedback about this information leaflet, please email:

your.medicines@uhl-tr.nhs.uk

If you would like this information in another language or format, please contact the Service Equality Manager on 0116 258 8295

إذا كنت ترغب في الحصول على هذه المعلومات في شكل أو لغة أخرى، يرجى الاتصال
مع مدير الخدمة للمساواة في 0116 250 2959.

আপনি যদি এই লিফলেটের অনুবাদ - লিখিত বা অডিও টেপ'এ চান, তাহলে অনুগ্রহ করে সার্ভিস
ইকুয়ালিটি ম্যানেজার ডেভ বেকার'এর সাথে 0116 250 2959 নাম্বারে যোগাযোগ করুন।

如果您想用另一种语言或格式来显示本资讯，请致电 0116 250 2959
联系“服务平等化经理” (Service Equality Manager)。

જો તમને આ પત્રકમાં લેખિત અથવા ટેઈપ ઉપર ભાષાંતર જોઈતું હોય તો
મહેરબાની કરી સર્વિસ ઈક્વાલિટી મેનેજરનો 0116 250 2959 ઉપર સંપર્ક કરો.

यदि आप को इस लीफलेट का लिखती या टेप पर अनुवाद चाहिए तो कृपया
डेव बेकर, सर्विस ईक्वालिटी मैनेजर से 0116 250 2959 पर सम्पर्क कीजिए।

Jeżeli chciałby Państwo otrzymać niniejsze informacje w tłumaczeniu na inny język
lub w innym formacie, prosimy skontaktować się z Menedżerem ds. równości w
dostępie do usług (Service Equality Manager) pod numerem telefonu 0116 250 2959.

ਜੇਕਰ ਤੁਹਾਨੂੰ ਇਸ ਲੀਫਲੈਟ ਦਾ ਲਿਖਤੀ ਜਾਂ ਟੇਪ ਰੀਡਾ ਅਨੁਵਾਦ ਚਾਹੀਦਾ ਹੋਵੇ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਡੇਵ ਬੇਕਰ, ਸਰਵਿਸ
ਇਕੁਅਲਿਟੀ ਮੈਨੇਜਰ ਨਾਲ 0116 250 2959 'ਤੇ ਸੰਪਰਕ ਕਰੋ।

Ak by ste chceli dostať túto informáciu v inom jazyku, alebo formáte, kontaktujte
prosím manažéra rovnosti služieb na tel. číslo 0116 250 2959.

Haddaad rabto warqadan oo turjuman oo ku duuban cajalad ama qoraal ah
fadlan la xiriir, Maamulaha Adeegga Sinaanta 0116 250 2959.

