

LACTUL SOLUTION

Lactulose (670mg/ml)

What is in this leaflet

1. What LACTUL SOLUTION is used for
2. How LACTUL SOLUTION works
3. Before you use LACTUL SOLUTION
4. How to use LACTUL SOLUTION
5. While you are using it
6. Side effects
7. Storage and Disposal of LACTUL SOLUTION
8. Product Description
9. Manufacturer and Product Registration Holder
10. Date of RiMUP revision

What LACTUL SOLUTION is used for

LACTUL SOLUTION is used to relieve constipation and to treat a condition in people with severe liver disease where toxins build up and affect the brain (hepatic encephalopathy).

How LACTUL SOLUTION works

LACTUL SOLUTION contains lactulose as active ingredient. Lactulose is not absorbed in the body. It draws water into the bowel to soften the stool and make it easier to pass. It is also broken down by natural bacteria in the gut, helping you have more regular bowel movements. In patients with severe liver disease, lactulose helps reduce the level of harmful toxins (such as ammonia) by trapping them in the bowel so they can be removed from the body.

Before you use LACTUL SOLUTION

- When you must not use it

Do not take this medicine if:

- you are allergic to lactulose or any other ingredients of this medicine (listed in Product Description)
- you need to follow a strict low-galactose diet, as this product contains small amounts of galactose.

- Before you start to use it

Check with your doctor or pharmacist before taking Lactul Solution if you:

- have diabetes or lactose intolerance.

Pregnancy and lactation

Please consult your doctor or pharmacist if you are pregnant, planning for pregnancy or breast-feeding before using any medicine.

- Taking other medicines

Tell your doctor if you are taking any other medicines, including any that you buy without a prescription from a pharmacy, supermarket or health food shop.

Inform your doctor or pharmacist if you are taking:

- antacids medication (medications used to relieve symptoms of heartburn, indigestion, and acid reflux)

How to use LACTUL SOLUTION

Follow all directions given to you by your doctor and pharmacist carefully. They may differ from the information contained in this leaflet. If you do not understand the instructions on the label, ask your doctor or pharmacist for help.

- How much to use

Adults:

The usual dose is 15 to 30 mL once a day, or divided into two doses. Your doctor may adjust the dose to suit your needs. The usual maintenance dose is 10–15 mL daily.

Children:

Your child's doctor will decide the dose and frequency for your child to take. Usual dose are:

- 6–12 years: 20 mL daily
- 1–5 years: 10 mL daily
- Below 1 year: 5 mL daily

Hepatic encephalopathy:

For patients with severe liver disease (hepatic encephalopathy): 30 to 50 mL three times a day. The dose may be adjusted to produce 2 to 3 soft stools daily.

- When to use it

LACTUL SOLUTION may be taken with or without food.

- How long to use it

Use this medicine for the duration that your doctor recommends.

- If you forget to use it

Take the missed dose as soon as you remember. If it is almost time for your next dose, wait until then to take the medicine and skip the missed dose. Do not take a double dose to make up for the missed dose.

- If you use too much (overdose)

Contact your doctor immediately or go to the Emergency Department of your nearest hospital, if you or anyone else may have used too much of this medicine. Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention.

Taking too much of this medicine may cause severe diarrhoea, stomach cramps, nausea, or vomiting. If this happens, stop taking the medicine and drink plenty of fluids.

While you are using LACTUL SOLUTION

- Things you must do

Use your medicine exactly as your doctor has told you.

Tell all the doctors, dentists and pharmacists treating you that you are using LACTUL SOLUTION.

Tell your doctor immediately if you become pregnant while using this medication.

- Things you must not do

Do not stop taking this medicine or change the dosing regimen without instruction from your doctor.

Do not give LACTUL SOLUTION to anyone else, even if they have the same symptoms or condition as you.

- Things to be careful of

Use with caution if you have diabetes and lactose intolerance.

Side effects

Like all medicines, Lactul Solution can cause side effects, although not everybody gets them.

Possible side effects are:

- Some people may experience wind (gas), bloating, or stomach cramps when starting this medicine.
- Taking too much may cause diarrhoea, which can lead to dehydration or loss of minerals such as potassium or sodium.
- Nausea and vomiting may also occur.

Visit your doctor or pharmacist immediately if you experience any side effects after using this medicine.

You may report any side effects or adverse drug reactions directly to the National Centre for Adverse Drug Reaction Monitoring by visiting the website npra.gov.my [Consumers → Reporting Side Effects to Medicines (ConSERF) or Vaccines (AEFI)].

Storage and Disposal of LACTUL SOLUTION

- Storage

Keep in a tight container. Store at temperature below 30°C. Protect from light & moisture.

- Disposal

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.

Product Description

- What it looks like

A clear, slightly yellow to amber solution

- Ingredients

- Active ingredient(s)
 - Lactulose
- Inactive ingredients
 - Sodium Benzoate

- MAL number:

MAL19991440XZ

Manufacturer and Product Registration Holder

Y.S.P. Industries (M) Sdn. Bhd.
Lot 3, 5, 7, 12 & 14, Jalan P/7, Section 13,
Kawasan Perindustrian Bandar Baru
Bangi, 43000 Kajang, Selangor,
Malaysia.

Date of revision

23/02/2026

Serial Number

NPRA(R4/1)261125/00077