

This patient group direction (PGD) must only be used by registered health professionals who have been named and authorised by their organisation to practice under it. The most recent and in date final signed version of the PGD should be used.

## Patient Group Direction (PGD)

For the supply of

**Macrogol Oral Powder**

By registered health care professionals for

**Management of constipation**

Throughout the Manx Care and those contracted by the Manx Care where appropriate within practice

### PGD NUMBER 94

#### 1. Change history

Version number	Change details	Date
1	Original PGD ratified	June 2021
2	Minor word changes to ensure clarity to the PGD	December 2023

## 2. Medicines practice guideline 2: *Patient group directions*

Refer to the relevant sections of NICE medicines practice guideline 2: *Patient group directions* as stated in the blank template notes. For further information about PGD signatories, see the NHS and Manx Care [PGD website FAQs](#)

## 3. PGD development

Refer to the [NICE PGD competency framework for people developing PGDs](#)

Job Title & organisation	Name	Signature	Date
Author of the PGD			
Member of the PGD working group			

## 4. PGD authorisation

Refer to the [NICE PGD competency framework for people authorising PGDs](#)

Job Title	Name	Signature	Date
Medical Director			
Deputy to Chief Pharmacist/ Pharmaceutical Adviser			
Deputy to Senior Paramedic			
Director of Nursing			
GP Adviser			
Senior Microbiologist (if PGD contains antimicrobials)	N/A	N/A	N/A

## 5. Training and competency of registered healthcare professionals, employed or contracted by the Manx Care, GP practice or Hospice

Refer to the [NICE PGD competency framework for health professionals using PGDs](#)

	<b>Requirements of registered Healthcare professionals working under the PGD</b>
<b>Qualifications and professional registration</b>	<ul style="list-style-type: none"> <li>Registered healthcare professionals, working within or contracted by the Manx Care, GP practice or Hospice who are permitted staff groups outlined within the current PGD policy</li> <li>Pharmacists must be practising in Manx Care authorised premises i.e. contracted pharmacy premises</li> </ul>
<b>Initial training</b>	<ul style="list-style-type: none"> <li>Knowledge of current guidelines and the administration of the drug specified in this PGD/BNF and of the inclusion and exclusion criteria</li> <li>Training which enables the practitioner to make a clinical assessment to establish the need for the medication covered by this PGD</li> <li>Local training in the use of PGDs</li> </ul>
<b>Competency assessment</b>	Staff will be assessed on their knowledge of drugs and clinical assessment as part the competency framework for registered health professionals using PGDs
<b>Ongoing training and competency</b>	The registered health care professionals should make sure they are aware of any changes to the recommendations for this medication; it is the responsibility of the registered health care professionals to keep up to date with continuing professional development. PGD updates will be held every two years

## 6. Clinical Conditions

<b>Clinical condition or situation to which this PGD applies</b>	Constipation ie, the passage of hard stools less frequently than the patient's own normal pattern
<b>Inclusion criteria</b>	Adults and children 12 years and over with constipation
<b>Exclusion criteria</b>	<ul style="list-style-type: none"> <li>Children under 12 years</li> <li>Pregnancy and breastfeeding</li> <li>Blood or mucous in stools</li> <li>Unexplained weight loss, persistent or unexplained bowel habits</li> <li>Intestinal perforation, including risk thereof</li> <li>Suspected impaction or obstruction</li> <li>Paralytic ileus</li> <li>Crohn's disease</li> <li>Ulcerative colitis</li> <li>Other severe inflammatory bowel disease</li> <li>Current or history of toxic megacolon</li> <li>Any known hypersensitivity to any component of the medicine</li> </ul>

<b>Cautions (including any relevant action to be taken)</b>	<ul style="list-style-type: none"> <li>• Patients with cardiovascular impairment should not take more than 2 sachets in any 1 hour</li> <li>• Compound Macrogol Oral Powder Sugar Free is considered high in sodium. This should be particularly taken into account for those on a low salt diet</li> </ul> <p>A detailed list of cautions is available in the SPC, which is available from the electronic Medicines Compendium website: <a href="http://www.medicines.org.uk">www.medicines.org.uk</a> and BNF <a href="https://bnf.nice.org.uk">https://bnf.nice.org.uk</a></p>
<b>Arrangements for referral for medical advice</b>	Patient should be referred to a more experienced clinical practitioner for further assessment
<b>Action to be taken if patient excluded</b>	Patient should be referred to a more experienced clinical practitioner for further assessment
<b>Action to be taken if patient declines treatment</b>	<ul style="list-style-type: none"> <li>• A verbal explanation should be given to the patient on: the need for the medication and any possible effects or potential risks which may occur as a result of refusing treatment</li> <li>• This information must be documented in the patients' health records</li> <li>• Any patient who declines care must have demonstrated capacity to do so</li> <li>• Where appropriate care should be escalated</li> </ul>

## 7. Details of the medicine

<b>Name, form and strength of medicine</b>	Macrogol '3350' Oral Powder (Osmotic laxative)
<b>Legal category</b>	Pharmacy medicine [P]
<b>Indicate any <u>off-label use</u> (if relevant)</b>	None
<b>Route/method of administration</b>	Oral
<b>Dose and frequency</b>	1-3 sachets daily in divided doses
<b>Quantity to be supplied</b>	One original pack of 20 sachets
<b>Maximum or minimum treatment period</b>	One episode of care
<b>Storage</b>	Room temperature

<b>Adverse effects</b>	<ul style="list-style-type: none"> <li>• flatulence</li> <li>• gastrointestinal discomfort</li> <li>• nausea</li> <li>• vomiting</li> <li>• anaemia</li> <li>• angioedema</li> <li>• appetite disorder</li> <li>• dehydration</li> <li>• dizziness</li> <li>• fatigue</li> <li>• hiccups</li> <li>• hypertension</li> <li>• hypoglycaemia</li> <li>• hypothyroidism</li> <li>• increased risk of infection</li> <li>• local swelling</li> <li>• migraine</li> <li>• muscle twitching</li> <li>• neuritis</li> <li>• oedema</li> <li>• pain</li> <li>• pelvic pain</li> <li>• sinus congestion</li> <li>• skin reactions</li> <li>• tachycardia</li> <li>• taste altered</li> </ul> <p>A detailed list of adverse reactions is available in the SPC, which is available from the electronic Medicines Compendium website: <a href="http://www.medicines.org.uk">www.medicines.org.uk</a> and BNF <a href="https://bnf.nice.org.uk">https://bnf.nice.org.uk</a></p>
<b>Records to be kept</b>	The administration of any medication given under a PGD must be recorded within the patient's medical records

## 8. Patient information

<b>Verbal/Written information to be given to patient or carer</b>	<ul style="list-style-type: none"> <li>• Verbal information must be given to patients and or carers for all medication being administered under a PGD</li> <li>• Where medication is being supplied under a PGD, written patient information leaflet must also be supplied</li> <li>• A patient information leaflet is available on request</li> <li>• Macrogol powder should be clearly explained ie, contents of each sachet to be dissolved in half a glass (125mls) of water</li> <li>• After reconstitution the solution should be stored in the fridge and discarded after 6 hours if not used</li> <li>• Discuss dietary and lifestyle advice eg, drink plenty of fluids, eat more fibre, fruit and vegetables, regular exercise. Monitoring of bowel habits and any changes should be discussed with the GP</li> </ul>
<b>Follow-up advice to be given to patient or carer</b>	<p>If symptoms do not improve or worsen or you become unwell, seek medical advice immediately</p> <p>If treatment is given via a PGD from the pharmacy it should only be short term. There are serious conditions which must be excluded when a patient experiences persistent constipation and patients should be referred to the GP.</p>

## 9. Appendix A

References
<ol style="list-style-type: none"><li>1. British National Formulary (BNF) available online: <a href="https://bnf.nice.org.uk">https://bnf.nice.org.uk</a></li><li>2. Nursing and Midwifery “The code” available online: <a href="https://www.nmc.org.uk">https://www.nmc.org.uk</a></li><li>3. Current Health Care Professions Council standards of practice</li><li>4. General Pharmaceutical Council standards</li><li>5. Electronic medicines compendium available online: <a href="https://www.medicines.org.uk">https://www.medicines.org.uk</a></li><li>6. NICE Clinical Guideline (CG 99) Constipation in children and young people: diagnosis and management. <a href="https://www.nice.org.uk/guidance/cg99/chapter/1-Guidance">https://www.nice.org.uk/guidance/cg99/chapter/1-Guidance</a></li><li>7. Clinical Knowledge Summaries (2019) Constipation. <a href="http://cks.nice.org.uk/constipation">http://cks.nice.org.uk/constipation</a></li></ol>

## 10. Appendix B

Health professionals agreed to practice
<ul style="list-style-type: none"><li>• Each registered healthcare professional will hold their own Competency framework which will be signed and agreed by their mentor</li><li>• A mentor is defined within the Manx Care policy as any ward/area managers, sisters, senior nurses, GPs, pharmacists or senior paramedics who has completed the PGD training themselves</li></ul>