

DOCUSOL® Kids



Product Usage

Active Ingredient:

DOCUSOL Kids Docusate Sodium USP 100mg.....Stool Softener
 Inactive Ingredients: Medicinal Soft Soap Base of Polyethylene Glycol and Glycerine.

Product Name	NDC	Package Size
DOCUSOL Kids	17433-9884-05	DocuSol® Kids mini-enemas are available in boxes of five single use 5ml tubes.

How DocuSol® Kids Works:

The **DocuSol® Kids** formulation functions as a stool softening hyperosmotic laxative by drawing water into the bowel from surrounding body tissues. The docusate sodium acts as a softener by preparing the stool to readily mix with watery fluids. The increased mass of stool promotes a bowel evacuation by stimulating nerve endings in the bowel lining and initiating peristalsis. Not only does it soften and loosen the stool but it initiates a normal stimulus.

DocuSol® Kids provides the most natural replicated bowel movement of all bowel care products on the market today.

<p>Product information:</p>	<p>DocuSol® Kids mini-enema is designed for general constipation relief for children 2-12 years of age (with adult supervision). Consult a physician prior to use.</p> <p>Patients can count on DocuSol® Kids to provide:</p> <ul style="list-style-type: none"> • Fast, predictable results typically in 2-15 minutes.¹ • Non-irritating formula. • Easy rectal usage, soft flexible tip. • Affordably priced for constipation relief. • Ease of use for both clinicians and parents. • Rectal therapy for those children unwilling to swallow medications. <p><small>Source: 1. Federal Register / Vol. 50, No. 10 / Tuesday, January 15, 1985 / Proposed Rules; pgs 2124-2158</small></p>
<p>Dosage:</p>	<p>Children 2-12 years of age (with adult supervision), one unit daily. Children under 2 years of age, consult a physician prior to use. Do not exceed doctor's recommendations. See precautions. Keep out of reach of children. In case of accidental ingestion, seek medical help or contact a Poison Control Center immediately.</p>
<p>Ordering Info:</p>	<p>DocuSol® Kids can be found at approved pharmacies and retail stores across the country. If your pharmacy does not stock DocuSol® Kids, your pharmacist can place an order with McKesson, Cardinal, Amerisource Bergen and other regional wholesalers.</p>

www.DocuSolKids.com

Positioning:

- For best results: With adult supervision, lay on left side with knees bent.

Alternate position:

- Administer while seated on the toilet.
- Kneel, then lower head and chest forward until side of face is resting on the surface with arm folded comfortably.

Administration:

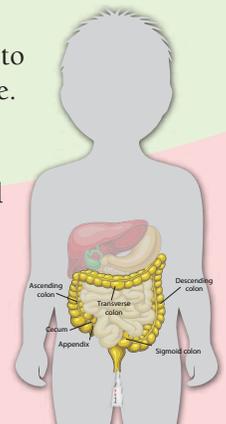
DocuSol® Kids is to be used as an enema. This is not a suppository. Do not take orally.

Administering the mini-enema:

1. Clear stool from the rectal opening, as you do not want to insert directly into feces.
2. Twist off and remove tip.
3. Place a few drops of the tube's liquid content on the shaft prior to insertion.
4. Also apply liquid content or lubricant to the anus before inserting the mini-enema tube.
5. With steady pressure, gently insert the tube into the rectum with care to prevent damage to the rectal wall. Insert up to the shoulder of the tube.
6. Squeeze to empty the contents.
7. Keep the tube squeezed until it is removed from the rectum.
8. After the contents have been emptied, remove the disposable tube and discard. A small amount of liquid may remain in the unit after use.
9. Fast, predictable results typically in 2-15 minutes.²

If no evacuation occurs after the 15 minute period, digital stimulation can be performed to assist in bringing the stool down.

Source: 2. Federal Register / Vol. 50, No. 10 / Tuesday, January 15, 1985 / Proposed Rules; pg's 2124-2158



Warnings:

For rectal use only.

Discontinue Use and Consult Your Physician if:

- Abdominal pain, nausea or vomiting are present for a period longer than 1 week.
- Rectal Bleeding occurs.
- A sudden change in bowel habits persists over a period of 2 weeks.
- Failure to have a bowel movement after use. This may indicate a serious condition.

Caution:

Discontinue use if resistance is encountered during insertion. Forcing the tube may result in injury or damage to the rectum. If product is not administered properly and occasional rectal examinations are not performed, serious complications may arise. Occasional rectal exams are imperative for patients with impaired rectal function, especially loss of sensation.

If rectal irritation or a rash around the anus appears, the enemas should be discontinued. Prolonged administration together with mineral oil should be avoided. Do not use in children under 2 years of age unless directed by a doctor.

DocuSol® Kids:

Diet and Fluid Intake Recommendations

When Switching to DocuSol Kids:

If you have been using a bisacodyl product, please keep in mind that bisacodyl is a stimulant laxative and irritates the rectal mucosa. Neutrophils can persist in the mucosa for up to 30 hours after insertion of the bisacodyl, thus leading to inflamed rectal mucosa producing a mucous discharge¹. Mucosal discharge may occur up to three (3) days after discontinuing bisacodyl. You should allow time for your body to heal from the use of the bisacodyl product in order to produce an improved bowel movement with the **DocuSol® Kids** product. With older post-injury patients, please allow at least five (5) or more bowel sessions for the body to acclimate to **DocuSol® Kids**. If you do not experience an improvement, please phone the **DocuSol® Kids** customer coordinator for additional information.

Diet and Fluid Intake Will Play an Important Part In Improving Your Bowel Care Program with DocuSol® Kids.

How Much Should I Drink Every Day?

You need to drink plenty of fluids everyday to keep your stool soft and to prevent constipation. A good guideline is 35-57 ounces per day depending on age or recommendation of a physician (drinks with caffeine don't count). If you exercise a lot or the weather is hot, drink more. Some people may need to limit how much they drink because of their bladder program. Talk with your healthcare professional about a good daily fluid goal that will work for both your bladder program and your bowel program.

Important:

Drinks such as coffee, tea, cocoa and soft drinks contain caffeine, and caffeine is a diuretic. Diuretics can cause you to lose even more fluid than you drink. Caffeine is also a stimulant. Consider keeping caffeine drinks to a minimum.

Important:

Foods that have a lot of fiber can absorb liquids and help make your stool solid, but soft and easy to pass. High-fiber foods are fresh fruits and vegetables, dried peas and beans, and whole grain cereals and breads. It's best to get the dietary fiber you need from a variety of food sources. A starting goal of at least 10-17 grams of fiber each day is

recommended as part of a healthy diet.

An increase in fiber is recommended only if it is necessary to produce a soft formed stool. It's a good idea to increase this amount gradually over a 6 week period to prevent a bloated feeling and too much gas. If you can not eat as much fiber as your healthcare professional suggests, you may want to try fiber supplements or natural vegetable powders, like psyllium. Remember, if you use fiber to vary the consistency of your stool, you will have more total stool and may need to do bowel care more often.

There are no foods that cause diarrhea in everyone. Some people find fatty, spicy or greasy foods seem to be related to diarrhea. Other people report that caffeine found in coffee, tea, cocoa, chocolate and many soft drinks appear to cause diarrhea. Diarrhea causing bacteria can contaminate different foods as well. If you have episodes of diarrhea, keep a food record of what you eat and drink to help you identify what you're sensitive to.

Important:

Not everyone will benefit from a high-fiber diet. You need to recall how much fiber you usually had in your diet prior to your injury or disease and how much you eat now. Talk with your healthcare professional.

Preventing Bowel Problems:

- Pay attention to your body, your stool, and your bowel care routine. You know yourself best; you'll be the first to notice changes that may be important.
- When switching to **DocuSol® Kids**, change only one component at a time. Give yourself plenty of time to decide if the change has helped. A good rule to follow is to allow at least two weeks with your new bowel care regimen.
- Check ups are recommended at least once a year. Bring a completed copy of the bowel care record from this guide and review it with your healthcare professional.

What is a Bowel Care Record?

A bowel care record helps you and your healthcare professional determine whether your bowel program is working. Every time you do bowel care, write down the results. A bowel care record is included on the reverse side of this information sheet.

*Source: Information contained provided from Consortium for Spinal Cord Medicine. Neurogenic Bowel What you should know. 1. Gastrointestinal Endoscopy, Volume 36, No 2, 1990. Morphological consequences of bisacodyl on normal human rectal mucosa: effect of a prostaglandin E1 analog on mucosal injury, D. R. Saunders, MD, R. C. Haggitt, MD, M. B. Kimmey, MD, F. E. Silverstein, MD, VOLUME 36, NO.2, 1990

Medical professionals recommend, when making a change to your bowel care program, change one item at a time and maintain that change for a two week period. The following chart is to help you evaluate the change and to help identify the most appropriate bowel care regimen to maximize your quality of life and minimize the time spent on bowel care.

Sample Bowel Chart:

Date	Start Time	Position	Digital Stimulation	Assistive Techniques	Time of Result	Stool Amount	Stool Color & Consistency	Comments

In addition to your bowel care chart, write down what you eat and drink to determine how your diet effects your bowel movement. For 30 days, record food DESCRIPTION AND QUANTITY FOR EACH MEAL.

Sample Diet Chart:

Day 1	Starch	Vegetables	Fruits	Dairy	Meats	Fats
Breakfast						
Lunch						
Dinner						
Snacks						

Day 2	Starch	Vegetables	Fruits	Dairy	Meats	Fats
Breakfast						
Lunch						
Dinner						
Snacks						

Day 3	Starch	Vegetables	Fruits	Dairy	Meats	Fats
Breakfast						
Lunch						
Dinner						
Snacks						