Constipation Treatment Guidelines

Notts APC Laxative treatment guidelines for adults have been retired and national guidance should be used instead (agreed by APC May 2020).

For prescribing advice, please use NICE CKS guidance (links below) and information for individual medicines in the formulary.

Links to treatment guidelines:

NICE CKS – constipation in adults	https://cks.nice.org.uk/constipation
NICE CKS – constipation in children	https://cks.nice.org.uk/topics/constipation-in-children/
National Primary Care Clinical Pathway for Constipation in Children	https://www.england.nhs.uk/wp-content/uploads/2023/03/B1416-National-clinical-constipation-pathway-for-primary-care-for-children.pdf
NICE Guideline (NG12) – Suspected cancer: recognition and referral	https://www.nice.org.uk/guidance/ng12 (includes red flags for colorectal cancer)

Links to patient information:

Notts APC patient information leaflet on constipation	https://www.nottsapc.nhs.uk/media/1437/constipation_self-care_apc.pdf
Constipation information on NHS website	https://www.nhs.uk/conditions/constipation/

Link to the cost comparison graph:

Primary Care cost of laxatives	https://pharmacy.sfh-tr.nhs.uk/formulary/Price%20Graphs/1.6_laxatives.pdf

Accessibility checked. Contains tables which may not be accessible for screen readers.