



ADULT MEDICATION GUIDELINE

Microlax

Scope (Staff): All WNHS Staff

Scope (Area): Obstetrics and Gynaecology

This document should be read in conjunction with the [Disclaimer](#).

Quick Links

[Dose](#)

[Administration](#)

[Monitoring](#)

[Pregnancy and
Breastfeeding](#)

Restrictions

[Formulary: Unrestricted](#)

Medication Class

Saline laxatives

Presentation

Enema: Sorbitol 3.125g, Sodium citrate 450mg, Sodium lauryl sulfoacetate 45mg (5mL)

Storage

Store below 30°C

Dose

Constipation

Rectal:

Administer contents of one enema rectally.

Bowel Preparation

Rectal:

Administer contents of one enema rectally.

Administration

Rectal

Twist and pull of the seal of the nozzle.

Squeeze the tube slightly so that a drop of Microlax® smears the tip and thus makes insertion easier.

Insert the nozzle fully into the rectum.

Squeeze out the entire contents by squeezing the shoulder of the tube.

Keeping the tube squeezed tightly, withdraw the nozzle.

Monitoring

Ensure adequate hydration to reduce the risk of dehydration and electrolyte disturbance.

Onset of action is 2 – 30 minutes after rectal administration.

Pregnancy

1st Trimester: Occasional use considered safe to use.

2nd Trimester: Occasional use considered safe to use.

3rd Trimester: Occasional use considered safe to use.

Breastfeeding

Considered safe to use (short term).

Related Policies, Procedures & Guidelines**WNHS Clinical Practice Guidelines:**

O&G: [Bowel Care](#)

O&G: [Postnatal Subsequent Care](#)

KEMH Pharmacy Guidelines:

SASA: [Laxatives](#)

References

Australian Medicines Handbook. Saline Laxatives. In: Australian Medicines Handbook [Internet]. Adelaide (South Australia): Australian Medicines Handbook; 2023 [cited 2023 Feb 28]. Available from: <https://amhonline.amh.net.au/>

The Royal Women's Hospital. Saline Laxatives. In: Pregnancy and Breastfeeding Medicines Guide [Internet]. Parkville (Victoria): The Royal Women's Hospital; 2022 [cited 2023 Feb 28]. Available from: <https://thewomenspbmg.org.au/>

Keywords	Microlax, saline laxative, laxative, enema, constipation, bowel prep				
Document Owner:	Chief Pharmacist				
Author/ Reviewer	KEMH Pharmacy Department				
Version Info:	5.0				
Date First Issued:	03/2015	Last Reviewed:	28/02/2023	Review Date:	28/02/2026
Endorsed by:	Medicines and Therapeutics Committee			Date:	April 2023
NSQHS Standards Applicable:	<input checked="" type="checkbox"/>  Std 1: Clinical Governance <input type="checkbox"/>  Std 2: Partnering with Consumers <input type="checkbox"/>  Std 3: Preventing and Controlling Healthcare Associated Infection <input checked="" type="checkbox"/>  Std 4: Medication Safety		<input type="checkbox"/>  Std 5: Comprehensive Care <input type="checkbox"/>  Std 6: Communicating for Safety <input type="checkbox"/>  Std 7: Blood Management <input type="checkbox"/>  Std 8: Recognising and Responding to Acute Deterioration		
Printed or personally saved electronic copies of this document are considered uncontrolled. Access the current version from WNHS HealthPoint.					

The health impact upon Aboriginal people has been considered, and where relevant incorporated and appropriately addressed in the development of this document (insert ISD Number). (Please refer to the Aboriginal Health Impact Statement and Declaration for Department of Health and Health Service Provider Guidelines – please delete once you have completed this).

This document can be made available in alternative formats on request for a person with a disability.

© Women and Newborn Health Service 2023

Copyright of this material is vested in the State of Western Australia unless otherwise indicated. Apart from any fair dealing for the purposes of private study, research, criticism or review, as permitted under the provisions of the Copyright Act 1968, no part may be reproduced or re-used for any purposes whatsoever without written permission of the State of Western Australia.