

Transcript Details

This is a transcript of an educational program. Details about the program and additional media formats for the program are accessible by visiting: <https://reachmd.com/programs/medical-industry-feature/managing-occasional-constipation-the-role-of-peg-3350/32723/>

ReachMD

www.reachmd.com
info@reachmd.com
(866) 423-7849

Managing Occasional Constipation: The Role of PEG 3350

Announcer:

Welcome to ReachMD. This medical industry feature, titled "Managing Occasional Constipation: The Role of PEG 3350," is sponsored by Bayer. Here's Dr. Darren Brenner.

Dr. Brenner:

Hi, my name is Darren Brenner and I'm a Professor of medicine and Surgery and Director of the Northwestern Neuro Gastro Motility Program in the Northwestern University Feinberg School of Medicine. I'm a Bayer consultant and have received compensation from Bayer for my participation in this video.

In this video, I'll share some of my views on occasional constipation and its treatment based on my clinical experience with patients. Now, every patient needs an individualized treatment plan based on their history, prior treatments, goals, and preferences.

Currently, constipation consensus recommendations advise that in addition to dietary and lifestyle modifications, the approach to treating occasional constipation should start with over the counter laxatives. One of my first line OTC laxative go to treatments for occasional constipation is PEG 3350, the active ingredient in Miralax. Because of its evidence based efficacy and tolerability. Miralax is very well known and gastroenterologist for years have been quite impressed with its clinical results.

My colleagues and I recently published the Rome Working Group consensus document on the definition of and treatment algorithm for occasional constipation. And on the basis of the evidence and the experience of our panel, there was consensus that PEG 3350 should be considered a first line agent for treating occasional constipation. It's the most widely tested and is currently one of only two over the counter treatments specifically indicated for treating occasional constipation.

Now, if we think about fibrolaxatives, it's true that they'll increase bulk and stretch the intestinal lumen, which increases peristalsis, but a possible downside is that they can cause gas, bloating, distension and discomfort, symptoms the patient might already be experiencing as related to their constipation. And that's the double-edged sword for fiber laxatives.

With stool softeners, there's likely to be some softening of stool, but they do nothing to increase peristalsis or improve pelvic floor function. Stimulant laxatives are efficient, but their onset of action can be sudden. I prefer the suppositories as oral stimulant laxatives can induce abdominal discomfort, cramping and sudden urgency. With Mira LAX, there's a predictability. I can count on it to work and be well tolerated, and that's why it's my first line go to for a wide variety of patients with occasional constipation. Because of its great balance of efficacy and tolerability.

Mira LAX is and should be a first line treatment for occasional constipation. Based on data from systematic reviews, consensus recommendations, and decades of safe and effective clinical use, I recommend Mira LAX for my patients with occasional constipation. I trust Mira LAX to effectively relieve their occasional constipation, and you and your patients can trust it too.

Announcer:

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