



Mucofalk®

Constipation From IBS

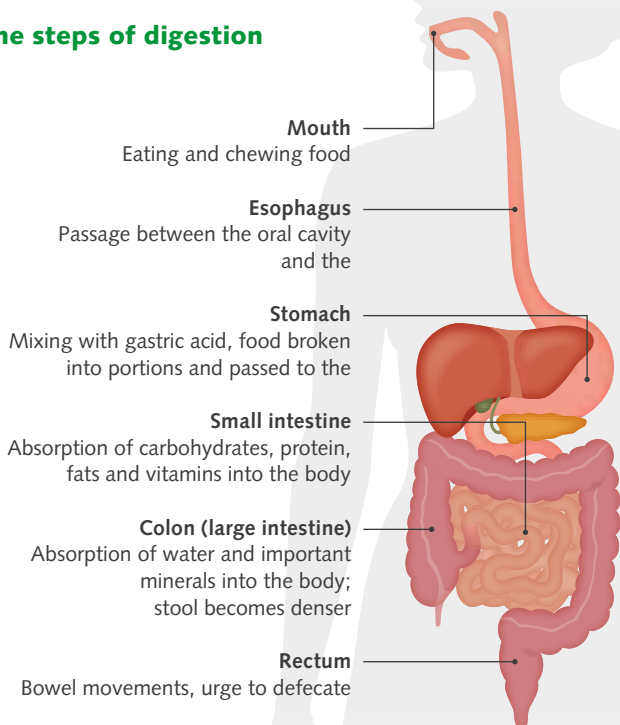
Including
Symptom
Diary



Health and well-being start with good digestion

Whether bread, butter, meat, fish, fruit, vegetables, or even sweets: we eat a variety of foods throughout the day. These foods contain a wide range of nutrients that our digestive system needs to break down and use.

The steps of digestion



How is food digested?

During chewing, food is broken up and mixed with the enzymes in saliva. This mashed food then travels through the esophagus into the stomach, where digestive juices are added and the food is ground up.

The stomach releases this partially-digested food - called chyme - into the small intestine in small portions. There, chyme is broken down further and carbohydrates, proteins, and fats are absorbed into the bloodstream. The rest of the chyme advances into the colon, where water and minerals are absorbed into the body. The colon is also home to over 100 trillion bacteria (called the microbiota) that break down certain fibers our bodies cannot digest by themselves. This allows the body to extract even more nutrients from food. The last undigested remains of the food are expelled through the rectum.

Significant symptoms like bloating, flatulence, and abdominal pain can occur if the complex coordination of the digestive process is disrupted. Unfortunately, many people suffer from constipation and related bowel issues.

What is constipation?

While it is important to have regular bowel movements, this doesn't mean you have to have them every day. Doctors define chronic constipation as having fewer than one bowel movement every three days for a prolonged period. Bowel movements are painful and require a great deal of straining to pass, and stool is very hard. It can also feel like you still need to go the bathroom right after a bowel movement.



One cause of constipation is too little fiber in your diet. Other factors include not getting enough physical activity and not drinking enough liquids, as well as stress, moving to a different environment (like traveling), and the side effects of some medicines.

Irritable bowel syndrome: A digestive system malfunction

Digestive system issues are very common. About 10–15% of adults in Germany suffer from a digestive condition called irritable bowel syndrome (abbreviated IBS). The key symptoms of IBS are abnormal bowel movements. This often means phases of constipation or diarrhea which occur repeatedly, and can also alternate between constipation and diarrhea.

Many people with IBS also report other symptoms, such as frequent pain and bloating (especially in the lower abdomen) and severe flatulence. Additional typical symptoms include uncomfortable sensations in the abdomen that briefly improve after a bowel movement. Most people do not experience any symptoms at night.

Patients with these symptoms are often diagnosed with IBS when a doctor cannot identify a tangible cause of the symptoms. Conditions like these are sometimes called “functional disorders”.



About 10–15% of adults suffer from IBS

Every case of IBS is unique

IBS can take on a number of different forms depending on which symptoms are the most prominent.

Some examples include:

- IBS with constipation



- IBS with diarrhea



- Mixed IBS: alternating constipation/diarrhea



- IBS with bloating and pain



How is IBS diagnosed?

IBS is known as a “diagnosis of exclusion”, which means that it is diagnosed **by ruling out any other diseases and conditions that might cause the same symptoms**. The diagnostic tests for IBS includes a colonoscopy.

IBS is diagnosed when there are no signs or indications in the digestive tract that point to another cause for the symptoms.

What causes digestion to malfunction?

Doctors still are not sure exactly what causes IBS. There is probably no one single cause of the condition. Instead, different factors appear to contribute to IBS, and it is likely that several of them act together in some people.

The following factors are thought to play a possible role in causing IBS:



Abnormal intestinal motility:

The symptoms of IBS are often due to changes in the movement of food through the intestines (called motility).

Hypersensitivity of the digestive tract:

Increased sensitivity (hypersensitivity) to pain in the digestive tract has been proposed as another cause of IBS.



Food and diet:

There is very little reliable data on the role of diet in causing and shaping IBS. People with IBS have been observed to have a more permeable lining of the gut wall as well

as a different make-up of bacteria living in the gut. An unhealthy diet, like eating fast food or drinking too much alcohol, can make these changes more likely to occur.

The theory that diet plays a role in IBS is supported by research showing that many patients' symptoms improve when they avoid eating certain foods (for example a FOD-MAP-diet*) or increase their intake of certain soluble fibers.

Mental health:

While IBS is certainly not a mental health disorder, situations leading to psychological stress often worsen the symptoms of IBS in people who have the condition.



Delayed effects of infections:

IBS occasionally develops after a gastrointestinal infection, such as traveler's diarrhea. This may be due to changes to the natural bacteria of the gut (called the microbiota) following an infection, or from treatment with antibiotics.

There is no single treatment that improves the symptoms of IBS equally for all people affected. However, different measures can have a positive impact on the condition and help relieve symptoms.

Speaking of colon cancer...

Many people with IBS are afraid it might lead to colon cancer. However, there is very little reason to worry: studies show that colon cancer is not more common in people with IBS than in the rest of the population. People with IBS also have the same life expectancy as the rest of the population.

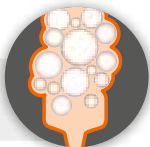
*FODMAP = Abbreviation for "fermentable oligosaccharides, disaccharides, monosaccharides and polyols", which are contained in a wide range of foods.

IBS: A wide range of treatment options

The most obvious measure should be to try to avoid anything that triggers symptoms of IBS. Unfortunately, it is not always possible to identify the triggers of the characteristic symptoms. Therefore, a sensible first step is often to keep a diary of your symptoms and diet, which can give you an insight into your symptoms and habits. **You can find a 4-week symptom diary template at the back of this booklet.**

Treatment of IBS is guided by the primary symptoms for each patient.

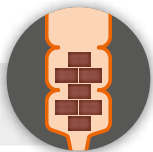
Treatment of IBS with bloating and pain



For people whose IBS is characterized more by pain and bloating than by abnormal bowel movements, medications are typically prescribed, for example:

- Simeticone, which suppresses gas formation in the gut, and/or
- Medicines that relax the muscles of the abdomen and relieve cramps, or
- Low-dose antidepressants, which can lower your sensitivity to IBS pain.

Treatment of IBS with constipation



For people with IBS who frequently suffer from constipation, more fiber is generally recommended. However, care must be taken with certain types of fiber, as they may cause more gas in the gut and make bloating worse. Psyllium husks, as contained in Mucofalk®, are a type of soluble fiber that is usually tolerated very well. Although bloating and gas may briefly occur at the start of treatment, they usually go away completely after a short time.

If you experience bloating or gas at first, it may be helpful to take only one-half or one-third of the normal psyllium dose, and then slowly increase it after four to five days. It is important to remember that it often takes two to three days for the full effects of psyllium to be felt. There have been no reports to date of habit-forming effects with decreased effectiveness when psyllium is taken for a long time.

Treatment of IBS with diarrhea



People whose primary IBS symptom is diarrhea are typically treated with medicines such as loperamide that slow the movement (motility) of the gut. People with diarrhea always need to replace the fluid lost through bowel movements by drinking more liquids.

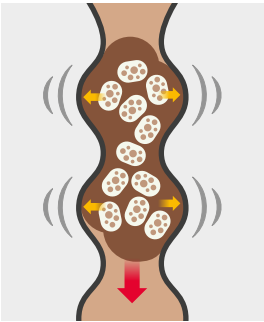
Mucofalk®: the natural support for better digestion

The active ingredient in Mucofalk® is a natural soluble fiber. This ingredient is derived from the seeds of a plant named *Plantago ovata*, often called psyllium.

Mucofalk® is manufactured from the husks of *Plantago ovata* seeds to medicinal quality using a special method. Thanks to both their natural properties and the special preparation method, psyllium husks are able to absorb much more water than psyllium seeds themselves, making them more effective.

Mucofalk® regulates the digestive process

The natural, long-lasting effects of Mucofalk® are similar to the effects of a healthy, balanced, high-fiber diet. The soluble fiber and mucilage in *Plantago ovata* psyllium husks promote bowel movements by sustainably increasing the amount of water in stool, which makes stools larger, softer, and easier to pass.



They also stimulate the rectum to empty and make the defecation process easier. Dietary fiber serves as food source for bacteria in the gut. This promotes the growth of healthy bacteria in the digestive tract, which are an important part of the immune system and help keep our bodies healthy.



Psyllium is a gentle laxative with natural effects

Many IBS patients experience phases when constipation is a major symptom. Mucofalk® is a natural option for these phases that is tolerated well. They are not generally habit-forming and maintain their effectiveness with continuous use.

How much Mucofalk® should you take, and how?

For IBS with constipation, adolescents aged 12–15 years should take one sachet or one level measuring spoonful of Mucofalk® two to four times per day, while adolescents aged 16 years and above and adults should take one sachet or one level measuring spoonful two to six times per day.* Take Mucofalk® by dissolving it in plenty of water (at least 150 ml per sachet or measuring spoonful), stirring it, and drinking immediately. You should then drink another glass of water. Since some people experience bloating at the beginning of treatment, you can also start with a lower daily dose.

You can find more information and download patient guides at www.mucofalk.de

You can also ask your doctor or pharmacist for additional free print booklets.



*Please consult the package insert for more details.

Symptom diary Week 1	Monday	Tuesday	Wednesday
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Bowel completely emptied?	<input type="radio"/> Yes <input type="radio"/> No	<input type="radio"/> Yes <input type="radio"/> No	<input type="radio"/> Yes <input type="radio"/> No
Symptoms during bowel movement	<input type="radio"/> Straining <input type="radio"/> Pain <input type="radio"/> None	<input type="radio"/> Straining <input type="radio"/> Pain <input type="radio"/> None	<input type="radio"/> Straining <input type="radio"/> Pain <input type="radio"/> None
Consistency	<input type="radio"/> Hard <input type="radio"/> Soft <input type="radio"/> Watery <input type="radio"/> Normal	<input type="radio"/> Hard <input type="radio"/> Soft <input type="radio"/> Watery <input type="radio"/> Normal	<input type="radio"/> Hard <input type="radio"/> Soft <input type="radio"/> Watery <input type="radio"/> Normal
Satisfaction with bowel movement	<input type="radio"/> 😊 Good <input type="radio"/> 😐 Okay <input type="radio"/> 😞 Poor	<input type="radio"/> 😊 Good <input type="radio"/> 😐 Okay <input type="radio"/> 😞 Poor	<input type="radio"/> 😊 Good <input type="radio"/> 😐 Okay <input type="radio"/> 😞 Poor
Liquids consumed per day	<input type="radio"/> Less than 2 liters <input type="radio"/> More than 2 liters	<input type="radio"/> Less than 2 liters <input type="radio"/> More than 2 liters	<input type="radio"/> Less than 2 liters <input type="radio"/> More than 2 liters
Physical activities (e.g. walking, hiking etc. ≥ 30 min.)	<input type="radio"/> Yes <input type="radio"/> No	<input type="radio"/> Yes <input type="radio"/> No	<input type="radio"/> Yes <input type="radio"/> No
Laxatives taken?	<input type="radio"/> Yes <input type="radio"/> No	<input type="radio"/> Yes <input type="radio"/> No	<input type="radio"/> Yes <input type="radio"/> No
Other symptoms	<input type="radio"/> Abdominal pain/cramps <input type="radio"/> Flatulence <input type="radio"/> Bloating <input type="radio"/> Heartburn <input type="radio"/> None	<input type="radio"/> Abdominal pain/cramps <input type="radio"/> Flatulence <input type="radio"/> Bloating <input type="radio"/> Heartburn <input type="radio"/> None	<input type="radio"/> Abdominal pain/cramps <input type="radio"/> Flatulence <input type="radio"/> Bloating <input type="radio"/> Heartburn <input type="radio"/> None

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Symptom diary Week 2	Monday	Tuesday	Wednesday
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Bowel completely emptied?	<input type="radio"/> Yes <input type="radio"/> No	<input type="radio"/> Yes <input type="radio"/> No	<input type="radio"/> Yes <input type="radio"/> No
Symptoms during bowel movement	<input type="radio"/> Straining <input type="radio"/> Pain <input type="radio"/> None	<input type="radio"/> Straining <input type="radio"/> Pain <input type="radio"/> None	<input type="radio"/> Straining <input type="radio"/> Pain <input type="radio"/> None
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Satisfaction with bowel movement	<input type="radio"/> 😊 Good <input type="radio"/> 😐 Okay <input type="radio"/> 😞 Poor	<input type="radio"/> 😊 Good <input type="radio"/> 😐 Okay <input type="radio"/> 😞 Poor	<input type="radio"/> 😊 Good <input type="radio"/> 😐 Okay <input type="radio"/> 😞 Poor
Liquids consumed per day	<input type="radio"/> Less than 2 liters <input type="radio"/> More than 2 liters	<input type="radio"/> Less than 2 liters <input type="radio"/> More than 2 liters	<input type="radio"/> Less than 2 liters <input type="radio"/> More than 2 liters
Physical activities (e.g. walking, hiking etc. ≥ 30 min.)	<input type="radio"/> Yes <input type="radio"/> No	<input type="radio"/> Yes <input type="radio"/> No	<input type="radio"/> Yes <input type="radio"/> No
Laxatives taken?	<input type="radio"/> Yes <input type="radio"/> No	<input type="radio"/> Yes <input type="radio"/> No	<input type="radio"/> Yes <input type="radio"/> No
Other symptoms	<input type="radio"/> Abdominal pain/cramps <input type="radio"/> Flatulence <input type="radio"/> Bloating <input type="radio"/> Heartburn <input type="radio"/> None	<input type="radio"/> Abdominal pain/cramps <input type="radio"/> Flatulence <input type="radio"/> Bloating <input type="radio"/> Heartburn <input type="radio"/> None	<input type="radio"/> Abdominal pain/cramps <input type="radio"/> Flatulence <input type="radio"/> Bloating <input type="radio"/> Heartburn <input type="radio"/> None

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Symptom diary Week 3	Monday	Tuesday	Wednesday
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Bowel completely emptied?	<input type="radio"/> Yes <input type="radio"/> No	<input type="radio"/> Yes <input type="radio"/> No	<input type="radio"/> Yes <input type="radio"/> No
Symptoms during bowel movement	<input type="radio"/> Straining <input type="radio"/> Pain <input type="radio"/> None	<input type="radio"/> Straining <input type="radio"/> Pain <input type="radio"/> None	<input type="radio"/> Straining <input type="radio"/> Pain <input type="radio"/> None
Consistency	<input type="radio"/> Hard <input type="radio"/> Soft <input type="radio"/> Watery <input type="radio"/> Normal	<input type="radio"/> Hard <input type="radio"/> Soft <input type="radio"/> Watery <input type="radio"/> Normal	<input type="radio"/> Hard <input type="radio"/> Soft <input type="radio"/> Watery <input type="radio"/> Normal
Satisfaction with bowel movement	<input type="radio"/> 😊 Good <input type="radio"/> 😐 Okay <input type="radio"/> 😞 Poor	<input type="radio"/> 😊 Good <input type="radio"/> 😐 Okay <input type="radio"/> 😞 Poor	<input type="radio"/> 😊 Good <input type="radio"/> 😐 Okay <input type="radio"/> 😞 Poor
Liquids consumed per day	<input type="radio"/> Less than 2 liters <input type="radio"/> More than 2 liters	<input type="radio"/> Less than 2 liters <input type="radio"/> More than 2 liters	<input type="radio"/> Less than 2 liters <input type="radio"/> More than 2 liters
Physical activities (e.g. walking, hiking etc. ≥ 30 min.)	<input type="radio"/> Yes <input type="radio"/> No	<input type="radio"/> Yes <input type="radio"/> No	<input type="radio"/> Yes <input type="radio"/> No
Laxatives taken?	<input type="radio"/> Yes <input type="radio"/> No	<input type="radio"/> Yes <input type="radio"/> No	<input type="radio"/> Yes <input type="radio"/> No
Other symptoms	<input type="radio"/> Abdominal pain/cramps <input type="radio"/> Flatulence <input type="radio"/> Bloating <input type="radio"/> Heartburn <input type="radio"/> None	<input type="radio"/> Abdominal pain/cramps <input type="radio"/> Flatulence <input type="radio"/> Bloating <input type="radio"/> Heartburn <input type="radio"/> None	<input type="radio"/> Abdominal pain/cramps <input type="radio"/> Flatulence <input type="radio"/> Bloating <input type="radio"/> Heartburn <input type="radio"/> None

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Symptom diary Week 4	Monday	Tuesday	Wednesday
Date:	<input type="text"/>	<input type="text"/>	<input type="text"/>
Bowel movements per day	<input type="radio"/> 0 <input type="radio"/> 3 <input type="radio"/> 1 <input type="radio"/> > 3 <input type="radio"/> 2	<input type="radio"/> 0 <input type="radio"/> 3 <input type="radio"/> 1 <input type="radio"/> > 3 <input type="radio"/> 2	<input type="radio"/> 0 <input type="radio"/> 3 <input type="radio"/> 1 <input type="radio"/> > 3 <input type="radio"/> 2
Bowel completely emptied?	<input type="radio"/> Yes <input type="radio"/> No	<input type="radio"/> Yes <input type="radio"/> No	<input type="radio"/> Yes <input type="radio"/> No
Symptoms during bowel movement	<input type="radio"/> Straining <input type="radio"/> Pain <input type="radio"/> None	<input type="radio"/> Straining <input type="radio"/> Pain <input type="radio"/> None	<input type="radio"/> Straining <input type="radio"/> Pain <input type="radio"/> None
Consistency	<input type="radio"/> Hard <input type="radio"/> Soft <input type="radio"/> Watery <input type="radio"/> Normal	<input type="radio"/> Hard <input type="radio"/> Soft <input type="radio"/> Watery <input type="radio"/> Normal	<input type="radio"/> Hard <input type="radio"/> Soft <input type="radio"/> Watery <input type="radio"/> Normal
Satisfaction with bowel movement	<input type="radio"/> 😊 Good <input type="radio"/> 😐 Okay <input type="radio"/> 😞 Poor	<input type="radio"/> 😊 Good <input type="radio"/> 😐 Okay <input type="radio"/> 😞 Poor	<input type="radio"/> 😊 Good <input type="radio"/> 😐 Okay <input type="radio"/> 😞 Poor
Liquids consumed per day	<input type="radio"/> Less than 2 liters <input type="radio"/> More than 2 liters	<input type="radio"/> Less than 2 liters <input type="radio"/> More than 2 liters	<input type="radio"/> Less than 2 liters <input type="radio"/> More than 2 liters
Physical activities (e.g. walking, hiking etc. ≥ 30 min.)	<input type="radio"/> Yes <input type="radio"/> No	<input type="radio"/> Yes <input type="radio"/> No	<input type="radio"/> Yes <input type="radio"/> No
Laxatives taken?	<input type="radio"/> Yes <input type="radio"/> No	<input type="radio"/> Yes <input type="radio"/> No	<input type="radio"/> Yes <input type="radio"/> No
Other symptoms	<input type="radio"/> Abdominal pain/cramps <input type="radio"/> Flatulence <input type="radio"/> Bloating <input type="radio"/> Heartburn <input type="radio"/> None	<input type="radio"/> Abdominal pain/cramps <input type="radio"/> Flatulence <input type="radio"/> Bloating <input type="radio"/> Heartburn <input type="radio"/> None	<input type="radio"/> Abdominal pain/cramps <input type="radio"/> Flatulence <input type="radio"/> Bloating <input type="radio"/> Heartburn <input type="radio"/> None

Thursday	Friday	Saturday	Sunday
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="radio"/> 0 <input type="radio"/> 3 <input type="radio"/> 1 <input type="radio"/> > 3 <input type="radio"/> 2	<input type="radio"/> 0 <input type="radio"/> 3 <input type="radio"/> 1 <input type="radio"/> > 3 <input type="radio"/> 2	<input type="radio"/> 0 <input type="radio"/> 3 <input type="radio"/> 1 <input type="radio"/> > 3 <input type="radio"/> 2	<input type="radio"/> 0 <input type="radio"/> 3 <input type="radio"/> 1 <input type="radio"/> > 3 <input type="radio"/> 2
<input type="radio"/> Yes <input type="radio"/> No	<input type="radio"/> Yes <input type="radio"/> No	<input type="radio"/> Yes <input type="radio"/> No	<input type="radio"/> Yes <input type="radio"/> No
<input type="radio"/> Straining <input type="radio"/> Pain <input type="radio"/> None	<input type="radio"/> Straining <input type="radio"/> Pain <input type="radio"/> None	<input type="radio"/> Straining <input type="radio"/> Pain <input type="radio"/> None	<input type="radio"/> Straining <input type="radio"/> Pain <input type="radio"/> None
<input type="radio"/> Hard <input type="radio"/> Soft <input type="radio"/> Watery <input type="radio"/> Normal	<input type="radio"/> Hard <input type="radio"/> Soft <input type="radio"/> Watery <input type="radio"/> Normal	<input type="radio"/> Hard <input type="radio"/> Soft <input type="radio"/> Watery <input type="radio"/> Normal	<input type="radio"/> Hard <input type="radio"/> Soft <input type="radio"/> Watery <input type="radio"/> Normal
<input type="radio"/> 😊 Good <input type="radio"/> 😐 Okay <input type="radio"/> 😞 Poor	<input type="radio"/> 😊 Good <input type="radio"/> 😐 Okay <input type="radio"/> 😞 Poor	<input type="radio"/> 😊 Good <input type="radio"/> 😐 Okay <input type="radio"/> 😞 Poor	<input type="radio"/> 😊 Good <input type="radio"/> 😐 Okay <input type="radio"/> 😞 Poor
<input type="radio"/> Less than 2 liters <input type="radio"/> More than 2 liters	<input type="radio"/> Less than 2 liters <input type="radio"/> More than 2 liters	<input type="radio"/> Less than 2 liters <input type="radio"/> More than 2 liters	<input type="radio"/> Less than 2 liters <input type="radio"/> More than 2 liters
<input type="radio"/> Yes <input type="radio"/> No	<input type="radio"/> Yes <input type="radio"/> No	<input type="radio"/> Yes <input type="radio"/> No	<input type="radio"/> Yes <input type="radio"/> No
<input type="radio"/> Yes <input type="radio"/> No	<input type="radio"/> Yes <input type="radio"/> No	<input type="radio"/> Yes <input type="radio"/> No	<input type="radio"/> Yes <input type="radio"/> No
<input type="radio"/> Abdominal pain/cramps <input type="radio"/> Flatulence <input type="radio"/> Bloating <input type="radio"/> Heartburn <input type="radio"/> None	<input type="radio"/> Abdominal pain/cramps <input type="radio"/> Flatulence <input type="radio"/> Bloating <input type="radio"/> Heartburn <input type="radio"/> None	<input type="radio"/> Abdominal pain/cramps <input type="radio"/> Flatulence <input type="radio"/> Bloating <input type="radio"/> Heartburn <input type="radio"/> None	<input type="radio"/> Abdominal pain/cramps <input type="radio"/> Flatulence <input type="radio"/> Bloating <input type="radio"/> Heartburn <input type="radio"/> None

Digestion. In Balance. Naturally.

Thanks to the gentle power
of psyllium husks.

Reliable support for

- ✓ Chronic constipation
- ✓ Constipation-predominant irritable bowel syndrome
- ✓ Diarrhea of various causes
- ✓ Painful bowel movements of various causes,
e.g. from hemorrhoids



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pharmacies
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Mucofalk® Apple/Orange/Fit Ispaghula husk 3.25 g / 5 g granules. For use in adults and adolescents from 12 years of age. **Active ingredient:** Ispaghula husk (Plantago ovata seed shells), ground. Contains sucrose. High sodium content. Please read the package leaflet. **Therapeutic indications:** Persistent (chronic) constipation. Conditions in which easier bowel movements with soft stool are desirable, e.g. cracks in the skin of the anal canal (anal fissures), haemorrhoids, painful bowel movements following rectal or anal surgery. Supportive treatment in diarrhoea due to various causes. Conditions in which an increased daily fibre intake may be advisable, e.g. as supportive treatment in irritable bowel syndrome in which constipation predominates. Additionally for Mucofalk® Fit: as an adjuvant to diet in hypercholesterolaemia (raised blood fat values). Date of information: 06/2023

For information on risks and side effects, please read the package leaflet and consult your doctor or pharmacist.



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