

Generlac (lactulose) basics

Relieves constipation and gets rid of ammonia in people with liver problems. Generlac (lactulose) relieves constipation and high ammonia levels, but it can take up to 48 hours to work.

What to expect when starting

Here's when people typically experience benefits as well as some possible side effects. Your experience may be different.

	Hours	Days	Weeks	Months	Long term
Generlac (lactulose) Drug effectiveness					
Possible side effects†					
Gas					
Bloating					
Stomach cramps					
Diarrhea					

† Data on frequency of side effects is not available.

Tips from pharmacists

- Generlac (lactulose) works within 24 to 48 hours to produce a bowel movement.
- If you are taking this for constipation, it is usually taken once a day.
- The goal is for you to have 2 to 3 stools a day.
- You can mix the oral solution in juice, water, or milk for better taste.
- Generlac (lactulose) can cause you to be dehydrated, so make sure you drink plenty of fluids.
- Maintaining a healthy diet, regular exercise, and drinking plenty of fluids can help you prevent constipation.

Risks and warnings

Contact your doctor if you experience any of these.

Mineral imbalances

Generlac (lactulose) can cause changes in your body's mineral levels if you take Generlac (lactulose). Minerals have many important functions in the body. Your doctor will check these levels regularly while on Generlac (lactulose). Eating a healthy diet, drinking plenty of fluids and being active also stops this imbalance.

Increased blood sugar

Generlac (lactulose) contains different sugars and may affect your blood sugar levels. Your doctor will determine if Generlac (lactulose) is a good option for you and how often you need to check your blood sugar levels while you are taking it.

Problems during colonoscopy

If you're going to have a colonoscopy or a rectal exam, let your doctor know you're taking Generlac (lactulose). Your doctor might have you take different medicines to clean out your bowels before your exam.