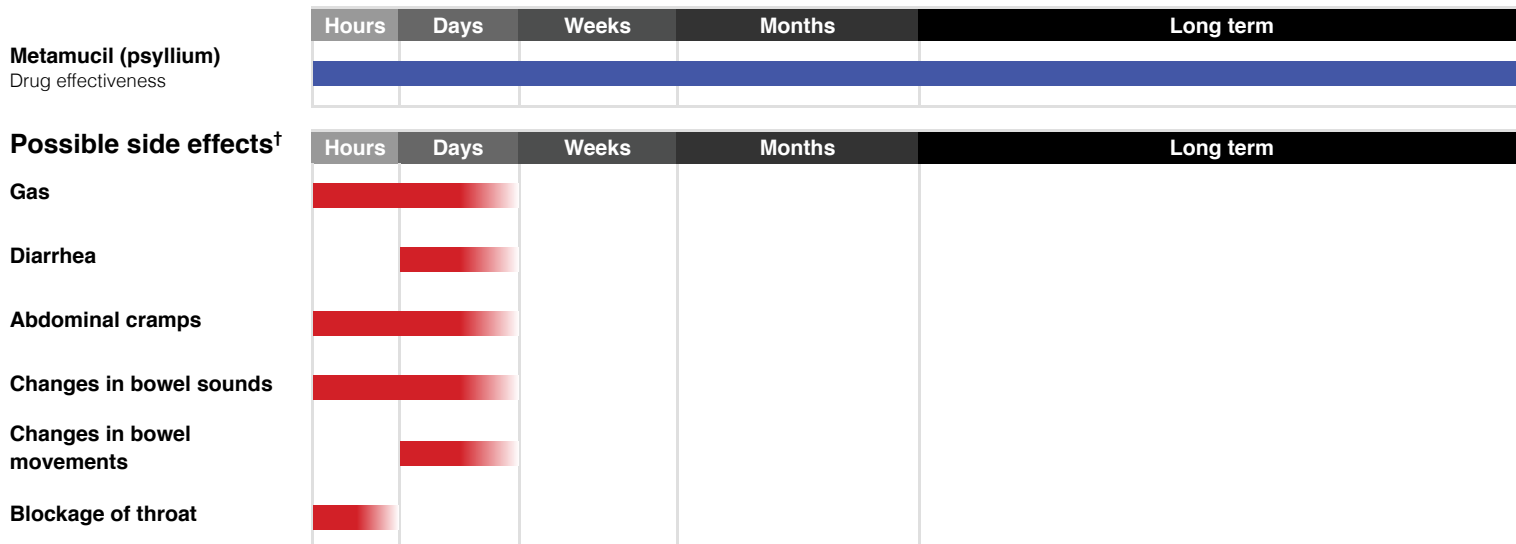


# Metamucil (psyllium) basics

**Helps get things moving.** Metamucil (psyllium) is a natural fiber that is cheap and effective at relieving constipation.

## What to expect when starting

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



† Data on frequency of side effects is not available.

## Tips from pharmacists

- Mix and stir Metamucil (psyllium) powder with at least 8 ounces (a full glass) of water or other liquid, then drink right away. Add more liquid and stir if mixture is too thick.
- Swallow Metamucil (psyllium) capsules one at a time.
- Start with 1 dose of Metamucil (psyllium) per day. If needed, slowly go up to 3 doses per day as tolerated.
- Don't take Metamucil (psyllium) within 2 hours before or after taking other oral medicines. Metamucil (psyllium) can affect absorption of the other medicines and make them less effective.
- Stop Metamucil (psyllium) and talk to your doctor if you experience rectal bleeding or constipation lasting more than 7 days.
- Don't give Metamucil (psyllium) to anyone younger than 6 years without talking to a doctor first.

## Risks and warnings

Contact your doctor if you experience any of these.

### Blockage of small or large intestine

In rare cases, Metamucil (psyllium) can block your small or large intestine. Stop taking Metamucil (psyllium) and tell your doctor right away if you have nausea, vomiting, pain or bloating that doesn't go away, rectal bleeding, or constipation that lasts more than 7 days.

### Choking

Always take Metamucil (psyllium) with at least 8 ounces (a full glass) of water or other liquid. Taking Metamucil (psyllium) without enough liquid can cause it to swell and block your throat or esophagus, which can cause choking.

### Serious allergic reaction

Rarely, Metamucil (psyllium) can cause an allergic reaction and life-threatening organ failure. Call your doctor and get medical care right away if you have a fever, rash, hives, swelling, or trouble breathing.