

Chapter 22: Medicines Used in Palliative Care



NATIONAL DEPARTMENT OF HEALTH



AFFORDABLE MEDICINES DIRECTORATE
ESSENTIAL DRUGS PROGRAMME



PRIMARY HEALTHCARE STANDARD TREATMENT
GUIDELINES AND ESSENTIAL MEDICINES LIST
2025-2029 REVIEW CYCLE



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EVIDENCE

Please access the National Essential Medicines List Committee (NEMLC) report for detailed evidence (including rationale, references and costings) informing decision-making on medicine addition, amendments and deletions:

- NHI webpage: <https://www.health.gov.za/nhi-edp-stgs-eml/>

DISCLAIMER

This slide set is an implementation tool and should be used alongside the most recently published STG available on the NHI Webpage as detailed above. This information does not supersede or replace the STG itself.



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Medicine Amendments



SECTION

22.1.1 Constipation

Medicine/ Management

Decision

Lactulose, oral

Dosing amended*

* Children

Lactulose, oral:

1-11 months: 5 mL daily, adjusted according to response

1-4 years: 10 mL daily, adjusted according to response

5-14 years: 15 mL daily, adjusted according to response

Adjust dose as needed to achieve 2-3 soft stool per day, by:
Increasing frequency of administration to 12 hourly, or
Increasing volume by 2.5 - 5 mL per dose.



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Thank you

For any queries, kindly email: SAEDP@health.gov.za



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