Lubiprostone for treatment of chronic idiopathic constipation

Chronic idiopathic constipation (CIC) is defined as failure to respond to dietary and lifestyle measures and at least 2 laxatives from different classes, at the highest tolerated, recommended doses for at least 6 months and for whom invasive treatment for constipation is being considered.\(^1,3\)

Lubiprostone (Amitiza\(^\text{®}\)) is a prostone which activates chloride channels in gastrointestinal epithelial cells, relieving symptoms of chronic constipation by improving intestinal secretion which increases intestinal motility.\(^2\)

In July 2014 NICE (TA318) approved lubiprostone for use in the management of CIC, stating that it will occupy the same place in therapy as prucalopride. Lubiprostone is licensed for both men and women and has fewer contraindications and cautions to prescribing, so it should be used 1\(^{st}\) line, with prucalopride reserved for female patients that fail to respond.