

## Bisacodyl Laxative (Pharmacy Health)

Each Enteric Coated Tablet contains 5 mg Bisacodyl BP/Ph. Eur

### Gastro resistant Tablets

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### What is in this leaflet

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This leaflet answers some common questions about Bisacodyl Laxative. It does not contain all available information, nor does it take the place of talking to your doctor or pharmacist. Keep this information with your Bisacodyl Laxative. You may need to read it again.

To find out more about Bisacodyl Laxative

You should ask your doctor or pharmacist if you have any questions about Bisacodyl Laxative or if you have any trouble before, during or after using it.

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### What Bisacodyl Laxative is used for

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Bisacodyl Laxative is mainly used for the treatment of constipation.

Under medical supervision, Bisacodyl Laxative can be used for the evacuation of the bowel before a radiological examination or as an enema alternative.

Bisacodyl Laxative works by acting on the lining of the lower bowel to stimulate movement and promotes accumulation of water into the bowel to produce soft formed stools.

Bisacodyl Laxative is ineffective in altering the digestion or absorption of calories or essential nutrients in the small intestine.

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### Before you use Bisacodyl Laxative

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#### ***When you must not use Bisacodyl Laxative***

Do not use Bisacodyl Laxative if you are allergic to Bisacodyl or any of the other ingredients in Bisacodyl Laxative. All the ingredients in Bisacodyl Laxative are under Product Description.

Some of the symptoms of an allergic reaction may include:

- shortness of breath, wheezing or difficulty breathing
- swelling of the face, lips, tongue or other parts of the body
- rash, itching or hives on the skin

Do not use Bisacodyl Laxative if you have, or have had, any of the following conditions:

- an acute abdominal condition including appendicitis
- acute inflammatory bowel disease
- severe abdominal pain associated with nausea and vomiting
- blockage of the bowel (ileus)
- a blockage of the intestine
- severe dehydration

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If you are uncertain as to whether you have, or have had, any of these conditions, you should raise any concerns with your doctor or pharmacist.

Do not use Bisacodyl Laxative after the expiry date (EXP) on the foil, blister pack or carton. If you use it after the expiry date has passed, it may not work as well.

Do not use Bisacodyl Laxative if the packaging is torn or shows signs of tampering.

### ***Before you start to use Bisacodyl Laxative***

Before using Bisacodyl Laxative, you must tell your doctor or pharmacist if you are taking any other medicines obtained with or without a doctor's prescription.

In particular, you should tell your doctor or pharmacist if you are taking:

- diuretics (medicines that increase urine volume)
- corticosteroids
- medicines which stimulate the heart e.g. digoxin.

It is important to discuss this with your doctor or pharmacist because Bisacodyl Laxative may not work as well in the presence of some other medicines or side effects may be increased.

After taking Bisacodyl Laxative, avoid straining while passing a bowel motion.

Dizziness and fainting while straining have been reported in patients who have taken Bisacodyl Laxative. It is not known if Bisacodyl Laxative can cause dizziness or fainting.

You may experience blood in the stool while using Bisacodyl Laxative. This is generally mild and self-limiting. Tell your doctor if you notice this and it worries you.

Bisacodyl Laxative is recommended for short-term use only. If symptoms persist, seek medical advice.

Long-term use of Bisacodyl Laxative is not recommended. If you use Bisacodyl Laxative every day, you should consult with your doctor to find out the cause of your constipation.

Long-term and excessive use of Bisacodyl Laxative may cause an imbalance of salts in the body (including low potassium), muscle weakness and kidney problems. Loss of fluids from the body can cause dehydration. Symptoms of dehydration include thirst and passing less urine than normal. In patients experiencing fluid loss where dehydration may be harmful (for example, kidney problems, elderly patients).

Bisacodyl Laxative should be stopped and only restarted under medical supervision.

Long-term and excessive use may also cause the bowel to become dependent on Bisacodyl Laxative for it to produce a bowel motion.

### ***Pregnancy***

As for other medicines, ask for your doctor's advice if you are pregnant, or likely to become pregnant during your course of Bisacodyl Laxative.

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Special care is recommended during pregnancy. The benefits of Bisacodyl Laxative must be assessed against any risks. Your doctor will discuss the risks and benefits of using it while you are pregnant.

### ***Breastfeeding***

As for other medicines, ask for your doctor's advice if you are breastfeeding or likely to breastfeed during your course of Bisacodyl Laxative. Bisacodyl Laxative does not pass into breast milk. Therefore Bisacodyl Laxative can be used during breastfeeding.

### ***Children***

Bisacodyl Laxative tablets should be used in children aged 10 years or younger only on medical advice.

Bisacodyl Laxative tablets may be used in children 4 years of age and over and are not recommended for use in children under 4 years of age.

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## Using Bisacodyl Laxative tablets

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### ***How to take Bisacodyl Laxative tablets***

Swallow Bisacodyl Laxative tablets whole with a glass of water. Do not crush or chew Bisacodyl Laxative tablets.

Do not take Bisacodyl Laxative tablets together with medicines that lower acidity of the upper gastrointestinal tract (stomach). These medicines include antacids, and a group of medicines called proton pump inhibitors. If you think you may be taking any of these medicines, please speak with your doctor or pharmacist.

Do not take milk or antacids within 1 hour of taking Bisacodyl Laxative tablets. These may affect how well Bisacodyl Laxative tablets work.

Bisacodyl Laxative tablets generally work in 6-12 hours.

### ***Recommended dose of Bisacodyl Laxative tablets***

Bisacodyl Laxative tablets should be taken as needed to relieve constipation. It is recommended to start with the lowest dose. The dose may be adjusted up to the maximum recommended dose to produce regular stools. The maximum daily dose should not be exceeded.

Bisacodyl Laxative Tablets

Adults and children over 10 years: one or two tablets at night

Children 4 to 10 years: one tablet at night

Bisacodyl Laxative tablets are not recommended in children under 4 years of age.

If your doctor or pharmacist has changed the recommended dose, you should ask for further information from your doctor or pharmacist.

### ***Overdose***

Seek medical advice if you have used more than the recommended or prescribed dose of Bisacodyl Laxative tablets.

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Advice can be provided by a doctor, pharmacist or Poisons Information Centre (telephone 0800 764766).

If you have taken too much Bisacodyl Laxative tablets, you may have diarrhoea, abdominal cramps, fluid loss, and an imbalance of salts in the body (including low potassium).

As with other laxatives, persistent overdose may cause diarrhoea, abdominal pain, imbalance of salts in the body (including low potassium), secondary hyperaldosteronism and kidney stones. If an imbalance of salts (low potassium) occurs, then kidney disease, metabolic alkalosis and muscle weakness may be experienced.

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### While you are using Bisacodyl Laxative tablets

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#### ***Things to consider:***

Tell your doctor or pharmacist if you begin taking any other medicine while you are using Bisacodyl Laxative tablets. This applies to all medicines obtained with or without a doctor's prescription.

Tell all doctors and pharmacists who are treating you that you are using Bisacodyl Laxative tablets.

Drink plenty of water while taking laxatives.

An increase in fibre in your diet is recommended, except in cases of medication-induced constipation.

You should discuss with your doctor or pharmacist if you need to increase the fibre in your diet when using Bisacodyl Laxative tablets to assist in the treatment of constipation.

#### ***Effects on Ability to Drive or Operate Machinery***

Be careful driving or operating machinery until you know how Bisacodyl Laxative tablets affects you. Do not drive or operate machinery if you experience dizziness or fainting.

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### Side effects

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All medicines carry some risks and all possible risks may not be known at this stage despite thorough testing. Your doctor or pharmacist has weighed the risks of using Bisacodyl Laxative tablets against the benefits they expect it will have for you.

Ask for the advice of your doctor or pharmacist if you have any concerns about the effects of using this medicine.

The following side effects of Bisacodyl Laxative tablets may occur:

- colitis
- abdominal discomfort
- abdominal cramps
- abdominal pain
- nausea

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- vomiting
- diarrhoea
- anorectal discomfort
- blood in the stools
- dehydration
- dizziness
- fainting

Abdominal pain and diarrhoea are the most commonly reported side effects. These side effects are usually mild and short lived. Tell your doctor immediately or go to casualty at your nearest hospital if you notice any of the following:

- rash, itching or hives on the skin,
- swelling of the face, lips, tongue or other parts of the body,
- shortness of breath, wheezing or trouble breathing.

These are the symptoms of life threatening allergic (anaphylactic) reactions. These are serious side effects. You may need urgent medical attention or hospitalisation. Serious side effects are rare.

Other side effects not listed above may also occur in some patients. Tell your doctor if you notice anything else that is making you feel unwell. Do not be alarmed by this list of possible side effects. You may not experience any of them.

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### After using Bisacodyl Laxative tablets

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#### **Storage**

Bisacodyl Laxative tablets should be kept in a cool dry place where the temperature stays below 25°C.

Do not store in direct sunlight or heat. Store Bisacodyl Laxative in a safe place where children cannot reach it.

#### **Disposal**

Unused Bisacodyl Laxative tablets should be returned to your pharmacist so they can be disposed of safely.

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### Product Description

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#### **What is Bisacodyl Laxative**

Bisacodyl Laxative is the brand name of your medicine.

Bisacodyl Laxative is available as sugar-enteric coated tablets. These tablets are smooth, round, shiny and brownish-yellow in colour.

Each tablet contains 5 mg of Bisacodyl and is available in blister packs of 30, 50, 100, 150, 200 tablets.

Note: Not all of these pack sizes maybe marketed.

Bisacodyl Laxative is available from your local pharmacy without a prescription.

# New Zealand Consumer Medicine Information

## ***Ingredients***

Each Bisacodyl Laxative tablet contains 5 mg of Bisacodyl and the following inactive ingredients:

Core tablets:

Lactose, Cellulose – Microcrystalline, Hydroxypropyl cellulose, Starch Preglatinised Maize, Magnesium stearate,

Coating materials:

Hypromellose, Triethyl citrate, Talc purified, Eudragit L 100, Eudragit S 100, Isopropyl alcohol, Sucrose, Magnesium stearate, Titanium dioxide, Iron oxide yellow C177492 and Carnauba wax

## ***Distributor***

Bisacodyl Laxative is distributed in New Zealand by:

PSM Healthcare Limited, t/a API Consumer Brands  
14-16 Norman Spencer Drive  
PO Box 76 401  
Manukau  
AUCKLAND 2241  
Telephone 0508 776746

## **Date Prepared**

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