

## PATIENT INFORMATION LEAFLET



### Epsom Salts B.P.

#### *Magnesium Sulphate*

- ✓ Relieves occasional constipation

200 g e

#### **About This Product**

Boots Epsom Salts B.P. are taken to relieve occasional constipation.

#### **Dosage**

Powder for oral use.

**Adults and children over 12 years:** Take 1g to 4g dissolved in a glass of warm water, once daily.

A level 5ml spoon holds about 5g.

When dissolved in water use within 24 hours.

Talk to your doctor if the symptoms persist for more than 5 days.

**Do not give to children under 12 years.**

#### **Warnings**

Do not use in cases of intestinal blockage.

Talk to your doctor before use if you are taking tetracyclines, digoxin, vitamins or iron supplements.

Do not use if you are pregnant or breast-feeding unless on the advice of your doctor.

Talk to your doctor or pharmacist before use if you have kidney problems or you have been ill or you are elderly.

Tell your doctor you are taking Epsom Salts if you are going to be given an anaesthetic.

#### **Side effects**

Prolonged use should be avoided as it may cause alkalosis (too much alkali in body fluids) and increased magnesium in the body. Medical advice should be sought in the event of an overdose.

#### **Reporting of side effects**

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this label.

You can also report side effects directly via the Yellow Card Scheme at:

[www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard). By reporting side effects you can help provide more information on the safety of this medicine.

#### **Active Ingredients**

Magnesium Sulphate 100%.

**Storage**

**Keep out of the reach and sight of children.**

Do not store above 25°C.

Once opened use within one month.

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Component code

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