
PACKAGE LEAFLET: INFORMATION FOR THE USER



Constipation Relief Tablets (Bisacodyl)

Read all of this leaflet carefully before you start taking this medicine because it contains important information for you:

Always take this medicine exactly as described in this leaflet or as your doctor or pharmacist has told you.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- If you get any side effects, talk to your doctor or pharmacist. This includes and possible side effects not listed in this leaflet. See section 4.

What is in this leaflet:

1. What Boots Constipation Relief Tablets are and what they are used for
2. What you need to know before you take Boots Constipation Relief Tablets
3. How to take Boots Constipation Relief Tablets
4. Possible side effects
5. How to store Boots Constipation Relief Tablets
6. Contents of the pack and other information

1. What Boots Constipation Relief Tablets are and what they are used for

Boots Constipation Relief Tablets contain the active ingredient bisacodyl. Bisacodyl belongs to a group of medicines known as stimulant laxatives. Stimulant laxatives increase bowel movements. Boots Constipation Relief Tablets are used for the short term relief of constipation. Boots Constipation Relief Tablets do not help with weight loss.

2. What you need to know before you take Boots Constipation Relief Tablets

Do not take Boots Constipation Relief Tablets if you:

- are **allergic** (hypersensitive) to bisacodyl or to any other ingredients (listed in section 6)
- are intolerant to or cannot digest some sugars (as the tablet contains a small amount of lactose and sucrose).
- Have **severe dehydration**
- have a bowel condition call "**ileus**" (blockage in the intestine)
- have a serious abdominal condition such as **appendicitis**
- have **severe abdominal pain** with nausea and vomiting
- have a **blocked bowel** (intestinal obstruction)
- have **inflammation of the bowel** (small or large intestine)

Do not take this medicine if any of the above applies to you. If you are not sure, talk to your pharmacist or doctor before taking this medicine.

Other medicines and Boots Constipation Relief Tablets

Please tell your pharmacist or doctor if you are taking or have recently taken any other medicines, including medicines obtained without a prescription. This includes herbal medicines. This is because Boots Constipation Relief Tablets can affect the way some other medicines work. Also, some other medicines can affect the way Boots Constipation Relief Tablets work.

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

- Water tablets (diuretics) such as bendrofluzide or furosemide (frusemide)
- Steroid medicines such as prednisolone

If you are not sure if any of the above applies to you, talk to your pharmacist or doctor before taking Boots Constipation Relief Tablets.

Pregnancy and breast feeding

Talk to your pharmacist or doctor before taking Boots Constipation Relief Tablets if you are pregnant, planning to become pregnant or breast feeding.

Driving and using machines

Some people may feel dizzy or faint while taking this medicine. If this happens to you, wait until these feelings go away before driving or using machines.

Boots Constipation Relief Tablets contain lactose and sucrose

The tablets contain a small amount of lactose and sucrose in each tablet. Patients with rare hereditary problems of fructose intolerance, glucose-galactose malabsorption or sucrose-isomaltase insufficiency should not take this medicine.

If you have an intolerance to some sugars, contact your doctor before taking this medicine.

3. How to take Boots Constipation Relief Tablets

Always take this medicine exactly as prescribed in this leaflet or as your doctor or pharmacist has told you. Check with your pharmacist if you are not sure.

- Swallow the tablets **whole with water**. The tablets **should not be chewed or crushed**.

- Milk, antacids or proton pump inhibitors (medicines which reduce stomach acid) should not be taken within one hour before or after taking Boots Constipation Relief Tablets. This is because they will stop the Boots Constipation Relief Tablets from working properly.

Doses

For constipation: Adults (including the elderly) and children over 10 years: **1 to 2 tablets at night**.

Length of treatment

These tablets should **not be used every day for more than 5 days**. If you need laxatives every day, then you should see your doctor to find the cause of your constipation.

If you take more Boots Constipation Relief Tablets than you should

It may be harmful to

- Take too much Boots Constipation Relief Tablets or
- Take Boots Constipation Relief Tablets for too long

This is because taking too much for too long may lead to:

- A 'lazy bowel', where the muscle in the bowel becomes too relaxed. This means that bowel emptying happens less often. This can lead to long-term constipation.
- Imbalance of fluid and salts in the body. This can affect the tightness of muscles such as

those in the bowel. It can also affect the salts in the blood.

- Low levels of potassium in the blood (called 'hypo-kalaemia'). This can make you tired, dizzy, make your muscles weak and can cause an uneven heart-beat.

- Dehydration, making you thirsty, feel faint and giving you headaches. It can also mean you cannot pass enough urine.

If you take more of this medicine than you should, talk to a doctor or go to a hospital straight away. Take this medicine pack with you; this is so the doctor know what you have taken.

If you have any questions on the use of this product, ask your pharmacist or doctor.

4. Possible side effects

Like all medicines, Boots Constipation Relief Tablets may cause side effects although not everybody gets them.

The following side effects may happen with this medicine:

Rare side effects (affect less than 1 in 1000 people)

- Severe allergic reactions which may cause swelling of the face or throat and difficulty in breathing or dizziness.

If you have severe allergic reaction, stop taking this medicine and see a doctor straight away.

- Colitis (inflammation of the large intestine which causes abdominal pain and diarrhoea)
- Dehydration
- Allergic reactions which may cause a skin rash
- Fainting

Uncommon side effects (affect less than 1 in 100 people)

- Blood in the stools
- Vomiting
- Abdominal discomfort
- Discomfort inside and around the back passage
- Dizziness

Common side effects (affect less than 1 in 10 people)

- Abdominal cramps or pain
- Diarrhoea
- Nausea

Reporting of side effects

If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the Yellow Card Scheme at, website: www.mhra.gov.uk/yellowcard. By reporting side effects you can help provide more information on the safety of this medicine..

5. How to store Constipation Relief Tablets

- Keep this medicine out of the sight and reach of children
- Do not take Boots Constipation Relief Tablets after the expiry date which is stated on the carton and blister after EXP.
The expiry date refers to the last day of that month.
- Store below 25°C.

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- Keep the blister within the outer carton.
 - Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measure will protect the environment.

6. Contents of the pack and other information

What Boots Constipation Relief Tablets contain

The active ingredient (the ingredient which makes this medicine work) is bisacodyl. Each tablet contains 5mg of bisacodyl. The tablets also contain: lactose, maize starch, cellulose acetate phthalate, diethyl phthalate, sucrose, povidone, magnesium stearate, pregelatinised maize starch, talc, E171 (titanium dioxide) and E104 (quinoline yellow).

What your tablets look like and the contents of the pack

Boots Constipation Relief Tablets are round yellow, sugar-coated tablets.

They are packed into cartons containing blister strips. Each pack contains 40 tablets.

If you want to know more about your medicine, ask your doctor or pharmacist who can give more information.

Marketing Authorisation holder and manufacturer

Dr. Reddy's Laboratories (UK) Limited

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