

EX-LAX

SENNA

WHAT YOU SHOULD KNOW ABOUT YOUR MEDICINE

Please read this leaflet carefully before you start taking Ex-lax Senna, it contains important information about your medicine. If you are not sure about anything ask your pharmacist or doctor.

WHAT IS IN YOUR MEDICINE?

Each chocolate tablet contains 15mg of sennosides.

Also contains: Cocoa liquor, sucrose, cocoa butter, lecithin and vanillin.

Product Licence Holder: Novartis Consumer Health, Horsham, RH12 5AB.

Manufactured for Novartis Consumer Health by Ex-lax Inc, Humacao, Puerto Rico.

Each pack contains 12, 24 or 48 tablets.

WHAT IS THIS MEDICINE USED FOR?

Ex-Lax Senna contains a purified extract of senna called Sennosides, and is recommended for the relief of occasional constipation. Ex-lax Senna typically acts generally within 6 to 12 hours of taking the tablet and is preferably taken at bedtime.

BEFORE USING YOUR MEDICINE

Do not take this medicine:

- If you have, or suspect you may have, a blockage in your intestine.
- If there is any bleeding or persistent abdominal symptoms.
- If you have an ileostomy or a colostomy.
- If you suffer from these or any other intestinal disorders, do not use unless directed by your doctor. Consult your doctor before using Ex-Lax Senna if you have had recent bowel surgery.
- If you are pregnant or a nursing mother, consult your doctor before use.

HOW TO TAKE YOUR MEDICINE

Dosage:

Adults and children over 12 years: Chew one tablet at bedtime.

Children 6-12 years: Chew half a tablet.

Children under 6 years: Not recommended.

If you take more Ex-Lax Senna than you should, seek advice from your doctor or pharmacist.

AFTER TAKING YOUR MEDICINE

When taking this medicine, temporary mild gripping effects may occur.

If you experience any other unwanted effects, talk to your pharmacist or doctor.

If there is no bowel movement after 3 days, consult your doctor.

Do not use for more than 7 days without seeking medical advice.

While taking Ex-lax Senna, you should ensure you are taking enough fluids.

Prolonged use should be avoided. Should not be taken if a laxative is needed every day or there is persistent abdominal pain - consult your doctor.

STORING YOUR MEDICINE

Do not store above 25°C

Do not use after the expiry date.

Keep all medicines out of the reach of children.

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Ex-Lax is a registered trade mark.

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GENERAL INFORMATION ON CONSTIPATION

What is constipation?

It's when you have difficulty in passing stools because they are hard or less frequent than usual. A bowel action of 2 to 3 times a week or less is a useful indicator. You may find going to the toilet uncomfortable or feel bloated and sluggish. Common causes of constipation are lack of dietary fibre, low fluid intake, immobility or lack of exercise, change of diet and as a side effect of some drugs. Women are thought to suffer more from constipation than men and it is also more common in older people.

Here is some advice on steps you can take to relieve occasional constipation. However if the problem is persistent or there are unusual symptoms, then you should talk to your doctor.

Managing constipation and helping to maintain a healthy bowel

Increasing the amount of fibre you eat e.g. bran, fruit and vegetables, drinking more fluids and getting more exercise may be all you need to do. A high fibre diet* is always to be encouraged along with adequate fluid intake. Fibre in the diet relieves constipation by increasing the weight of the stool and speeding up its transit through the gut.

If this does not solve the problem, laxative treatments can prove useful if taken correctly. Your pharmacist will be happy to advise which type of laxative is most suitable for you.

*High fibre diets are not suitable for everyone. Always check with your doctor if you have any diagnosed bowel problem including IBS.

Choosing a laxative

There are different types of laxatives, and other things which you can take to help.

RELIEVING constipation

Stimulant laxatives, like purified senna give fast relief. They typically work overnight. Some bulking agents, such as ispaghula husk contain fibre and are used as laxatives. They lead to a more bulky stool and generally speed things up.

NORMALISING the bowel

Osmotic laxatives such as lactulose and lactitol gently increase the liquid content in the bowel and so relieve constipation by making the stools softer and so easier to pass. They also help adjust your natural bacterial balance in the gut and encourage regularity. They have a gradual action and usually take a little longer to act, sometimes 2 to 3 days, so the treatment has to be followed for at least this period for full benefit. They are helping to NORMALISE bowel function.

Helping to MAINTAIN a healthy bowel

Another way of getting enough fibre is to take supplements. Both solid and soluble fibre supplements are available if fibre from food intake is insufficient. These dietary supplements help MAINTAIN regularity by providing the required bulk and liquid in the bowel. They can be safely used in the long term.

If you have any questions about your constipation or the treatment available please talk to your pharmacist or ask your doctor for advice.