

# LAX-SACHETS

13.72g sachet, powder for oral solution

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## Consumer Medicine Information

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### Read all of this leaflet carefully before you start taking this medicine

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Keep this leaflet. You may need to read it again.

If you have any further questions, ask your doctor or pharmacist.

If any of the side effects become serious, or you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.

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### In this leaflet:

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### what is LAX-SACHETS and what is it used for?

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The name of this medicine is LAX-SACHETS 13.72g sachet, powder for oral solution. It is a laxative for the treatment of constipation in adults, adolescents and elderly. It is not recommended for children below 12 years of age.

LAX-SACHETS help you to have a comfortable bowel movement even if you have been constipated for a long time. LAX-SACHETS also

works in very bad constipation called faecal impaction.

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### Before you take LAX-SACHETS

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Do not take LAX-SACHETS if your doctor has told you that you have:

- a blockage in your intestine (gut obstruction, ileus)
- a perforated gut wall
- severe inflammatory bowel disease like ulcerative colitis, Crohn's disease or toxic megacolon
- an allergy to the active substances or any of the other ingredients of LAX-SACHETS

#### *Heart conditions*

Follow the special instructions in **How to take LAX-SACHETS** if you are taking LAX-SACHETS for faecal impaction

#### *Pregnancy and breast feeding*

If you are pregnant or breast feeding talk to your doctor before taking LAX-SACHETS.

#### *Driving and using machines*

LAX-SACHETS do not affect your ability to drive or use machines.

#### *Taking other medicines*

Some medicines, e.g. anti-epileptics, may not work as

effectively during use with LAX-SACHETS. Please inform your doctor or pharmacist if you are taking, or have recently taken, any other medicines, including medicines obtained without a prescription.

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### How to take LAX-SACHETS

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This medicine can be taken at any time with or without food or drink

#### *Constipation:*

Adults and children over 12 years of age: The recommended dose of LAX-SACHETS is 1 sachet a day. This can be increased to 2 or 3 sachets daily if necessary.

#### *Faecal Impaction:*

Adults and children over 12 years of age: The dose is 8 sachets a day taken within 6 hours. You may need to take this dose for up to 3 days. If you have a heart condition, do not take more than two sachets in any one hour.

#### *How to mix:*

Open the sachet and pour the contents into a glass. Add about 125 ml of water to the glass. Stir well until all the powder has dissolved and the LAX-SACHETS solution is clear or slightly hazy, then drink it. If you like, you can add a flavour such as orange squash to the drink.

If you are taking LAX-SACHETS for faecal impaction it may be easier to dissolve 8 sachets in 1 litre of water. The correct number of sachets can be made up in advance and kept covered and refrigerated for 24 hours.

Drink plenty of water. Increase the fibre in your diet. Prolonged use of laxatives is undesirable and may lead to dependence. If symptoms persist seek medical advice.

### *Duration of treatment:*

#### **Constipation:**

Treatment with LAX-SACHETS usually lasts for about 2 weeks. If you need to take LAX-SACHETS for longer, please see your doctor. If your constipation is caused by an illness such as Parkinson's disease or multiple sclerosis (MS), or if you take medicines that cause constipation your doctor may recommend that you take LAX-SACHETS for longer than 2 weeks.

Usually for long term treatment dose can be lowered to either 1 or 2 sachets a day.

#### **Faecal impaction:**

Treatment with LAX-SACHETS can be for up to 3 days.

### *If you take more LAX-SACHETS than you should:*

You may develop diarrhoea. Stop taking LAX-SACHETS until it clears, and then start again at a lower dose. If you are worried contact your doctor or pharmacist.

### *If you forget to take LAX-SACHETS:*

Take the dose as soon as you remember to take it.

Some people may have an allergic reaction, such as an itchy skin, a nettle rash, and may become breathless or have difficulty in breathing. They may also feel weak, increasingly tired, very thirsty with a headache or get puffy ankles. If you experience any of these side effects, stop taking LAX-SACHETS and tell your doctor immediately.

Sometimes people have stomach ache or rumbles. They may also feel bloated, suffer from wind, feel sick or vomit, may also experience soreness of the anus (bottom) and may have mild diarrhoea when starting to take LAX-SACHETS which generally get better if you reduce the amount of LAX-SACHETS you take.

If any of the above is troublesome or last more than a few days or if you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.

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## **Storing LAX-SACHETS**

Keep all medicines out of the reach and sight of children

Do not use LAX-SACHETS after the expiry date on the sachet.

Do not store above 25°C.

Once you have made up LAX-SACHETS in water, if you cannot drink it straight away keep it covered and in the fridge (2 - 8°C). Throw away any solution not used within a 24 hour period.

Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

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## **Further Information**

Each 13.72g sachet of LAX-SACHETS contains the following:

- Macrogol 3350 13.125 g
- Sodium Chloride 0.3507 g
- Sodium Bicarbonate 0.1785 g
- Potassium Chloride 0.0466 g

LAX-SACHETS also contains LAX-SACHETS flavour, and acesulfame potassium as a sweetener.

When it is made into a drink with 125 millilitres of water, each sachet gives the equivalent of:

- Sodium 65 millimoles/litre
- Chloride 53 millimoles/litre
- Potassium 5.4 millimoles/litre
- Bicarbonate 17 millimoles/litre

### *What LAX-SACHETS looks like and contents of the pack*

LAX-SACHETS are available in boxes of 8 or 30 sachets.

### *Marketing authorisation holder:*

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2113

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## **Possible side effects**

Like all medicines, LAX-SACHETS can have side effects.