

# APOHEALTH Bisacodyl Laxative Tablets

Contains the active ingredient bisacodyl

## Consumer Medicine Information

For a copy of a large print leaflet, Ph: 1800 195 055

### What is in this leaflet

#### Read this leaflet carefully before taking your medicine.

This leaflet answers some common questions about Apohealth Bisacodyl Laxative tablets. It does not contain all the available information. It does not take the place of talking to your doctor or pharmacist.

The information in this leaflet was last updated on the date listed on the last page. More recent information on this medicine may be available.

#### Ask your doctor or pharmacist:

- if there is anything you do not understand in this leaflet,
- if you are worried about taking your medicine, or
- to obtain the most up-to-date information.

You can also download the most up-to-date leaflet from [www.apotex.com.au](http://www.apotex.com.au).

All medicines have risks and benefits. Your pharmacist or doctor has weighed the risks of you using this medicine against the benefits they expect it will have for you.

Pharmaceutical companies cannot give you medical advice or an individual diagnosis.

Keep this leaflet with your medicine. You may want to read it again.

### What this medicine is used for

The name of your medicine is Apohealth Bisacodyl Laxative tablets. It contains the active ingredient bisacodyl.

Apohealth Bisacodyl is a stimulant laxative used to provide relief from constipation.

Ask your doctor or pharmacist if you have any questions about why this medicine has been suggested for you.

#### How it works

It acts on the wall of the large bowel, encouraging bowel movements by increasing muscle contractions which push the stool mass along.

#### Use in children

Always ask your doctor or pharmacist before giving any medicine to children.

Apohealth Bisacodyl Laxative tablets are not recommended for use in children under 6 years of age.

### Before you take this medicine

#### When you must not take it

##### Do not take this medicine if:

- **You have or have had any of the following:**
- stomach cramps, colic or stomach pain
- nausea or vomiting
- blood in the stool
- inflammatory bowel disease
- a condition of the intestine called 'ileus'
- an intestinal obstruction
- severe dehydration
- low potassium levels in the blood
- galactose intolerance

#### You are hypersensitive to, or have had an allergic reaction to, bisacodyl or any of the ingredients listed at the end of this leaflet.

Symptoms of an allergic reaction may include: cough, shortness of breath, wheezing or difficulty breathing; swelling of the face, lips, tongue, throat or other parts of the body; rash, itching or hives on the skin; fainting; or hay fever-like symptoms.

#### If you think you are having an allergic reaction, do not take any more of the medicine and contact your doctor immediately or go to the Accident and Emergency department at the nearest hospital.

- **The expiry date (EXP) printed on the pack has passed.**
- The packaging is torn, shows signs of tampering or it does not look quite right.

#### Before you start to take it

##### Before you start taking this medicine, tell your doctor if:

1. You have allergies to:
  - any other medicines
  - any other substances, such as foods, preservatives or dyes.
2. You have or have had any medical conditions, especially the following:
  - Noticed a sudden change in bowel habits or bowel motions, that lasts longer than two weeks
  - Missed a bowel motion for only a few days.
3. You are currently pregnant or you plan to become pregnant. Do not take this medicine whilst pregnant until you and your pharmacist or doctor have discussed the risks and benefits involved.
4. You are currently breastfeeding or you plan to breast-feed. Do not take this medicine whilst breastfeeding until you and your pharmacist or doctor have discussed the risks and benefits involved.
5. You are planning to have surgery or an anaesthetic.
6. You are currently receiving or are planning to receive dental treatment.
7. You are taking or are planning to take any other medicines. This includes vitamins and supplements that are available from your pharmacy, supermarket or health food shop.

Some medicines may interact with Apohealth Bisacodyl Laxative tablets. These include:

- diuretics
- corticosteroids
- digoxin
- some controlled release medicines
- milk products\*
- antacids\*

\*Milk products and antacids should not be taken within 1 hour, and other medicines within 2 hours, of taking Apohealth Bisacodyl Laxative 5mg tablets. If you are taking any of these you may need a different dose or you may need to take different medicines.

Other medicines not listed above may also interact with Apohealth Bisacodyl Laxative tablets.

Apohealth Bisacodyl Laxative tablets have not shown to increase the effects of alcohol.

### How to take this medicine

Follow carefully all directions given to you by your doctor or pharmacist. Their instructions may be different to the information in this leaflet.

#### How much to take

##### Dosage: Adults and Children over 12 years:

Take two tablets swallowed whole at bedtime for a bowel action the next morning, or half an hour before breakfast for an effect in 6 to 8 hours.

##### Children aged 6 to 12 years:

Take one tablet swallowed whole at bedtime for a bowel action the next morning, or half an hour before breakfast for an effect in 6 to 8 hours.

##### Not recommended for use in children under the age of 6 years.

At least 6 - 8 glasses of liquid should be taken each day with all kinds of laxatives. This will help to make the stool softer.

Your doctor or pharmacist will tell you how much of this medicine you should take. This will depend on your condition and whether you are taking any other medicines.

Do not change your dosage without first checking with your doctor or pharmacist.

#### How to take it

Tablets are best taken on an empty stomach and should be accompanied by a full glass of fluid, such as water or fruit juice, but not milk. If you need to take an antacid, take it at least 1 hour before or 1 hour after your dose.

Do not chew or crush the tablet as Apohealth Bisacodyl Laxative 5mg Tablets are specially coated to allow them to work without causing irritation or nausea. To protect this coating, swallow the tablets whole.

#### When to take it

Apohealth Bisacodyl Laxative tablets may be taken half hour before breakfast for an effect in 6 - 8 hours or at bedtime for a bowel motion in the morning.

It does not matter if you take it before, with or after food.

#### How long to take it for

Follow your doctor's or pharmacist's instructions on how long to take or use Apohealth Bisacodyl Laxative tablets.

Apohealth Bisacodyl Laxative tablets should be stopped as soon as normal bowel motions have re-established. It may not be necessary to finish the whole pack of this medicine.

Under normal circumstances, it is recommended that any laxative should not be used for longer than one week unless directed by a doctor. Prolonged use of laxatives is undesirable, and may lead to dependence and further reliance on this laxative to achieve a bowel motion. This can cause a continuing cycle of constipation.

#### If you forget to take it

If you miss a dose and if you still need to use this medicine, take a dose as soon as you remember.

#### If you take too much (overdose)

**If you think that you or anyone else may have taken too much of this medicine, immediately telephone your doctor or the Poisons**

Information Centre (Tel: 13 11 26 in Australia) for advice. Alternatively, go to the Accident and Emergency department at your nearest hospital.

Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention.

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### While you are taking this medicine

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#### Things you must do

Tell your doctor that you are taking this medicine if:

- you are about to be started on any new medicine
- you are pregnant or are planning to become pregnant
- you are breastfeeding or are planning to breast-feed
- you are about to have any blood tests
- you are going to have surgery or an anaesthetic or are going into hospital.

Go to your doctor regularly for a check-up.

Tell any other doctors, dentists and pharmacists who are treating you that you take this medicine.

#### Things you must not do

##### Do not:

- Give this medicine to anyone else, even if their symptoms seem similar to yours.
- Take your medicine to treat any other condition unless your doctor or pharmacist tells you to.
- Stop taking your medicine, or change the dosage, without first checking with your doctor or pharmacist.

#### Things to be careful of

Apohealth Bisacodyl Laxative 5mg tablets do not cause drowsiness and has no known effect on the ability to drive or operate machinery.

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### Possible side effects

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Tell your doctor as soon as possible if you do not feel well while you are taking Apohealth Bisacodyl Laxative tablets or if you have any questions or concerns.

Do not be alarmed by the following lists of side effects. You may not experience any of them. All medicines can have side effects. Sometimes they are serious but most of the time they are not.

#### Tell your doctor or pharmacist if you notice any of the following:

- nausea or vomiting
- stomach cramps, colic or pain
- diarrhoea
- irritation or pain around the anal area.

Tell your doctor as soon as possible if you notice any of the following.

These symptoms may mean that your body has suffered a large potassium loss. Therefore, they may be serious side effects and you may need medical attention:

- confusion
- irritability
- headache
- unusual tiredness or weakness
- muscle cramps
- irregular heartbeat
- breathing difficulties.

Other side effects not listed above may occur in some patients.

### Allergic reactions

If you think you are having an allergic reaction to Apohealth Bisacodyl Laxative tablets, do not take any more of this medicine and tell your doctor immediately or go to the Accident and Emergency department at your nearest hospital.

Symptoms of an allergic reaction may include some or all of the following:

- cough, shortness of breath, wheezing or difficulty breathing
- swelling of the face, lips, tongue, throat or other parts of the body
- rash, itching or hives on the skin
- fainting
- hay fever-like symptoms.

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### Storage and disposal

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#### Storage

Keep your medicine in its original packaging until it is time to take it.

If you take your medicine out of its original packaging it may not keep well.

Keep your medicine in a cool dry place where the temperature will stay below 25°C.

Do not store your medicine, or any other medicine, in the bathroom or near a sink. Do not leave it on a window sill or in the car. Heat and dampness can destroy some medicines.

#### Keep this medicine where children cannot reach it.

A locked cupboard at least one-and-a-half metres above the ground is a good place to store medicines.

#### Disposal

If your doctor or pharmacist tells you to stop taking this medicine or it has passed its expiry date, your pharmacist can dispose of the remaining medicine safely.

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### Product description

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#### What Apohealth Bisacodyl Laxative tablets looks like

5mg tablets: yellow round, biconvex coated tablets. Blister Pack of 50 and 200 tablets

\* Not all strengths, pack types and/or pack sizes may be available.

#### Ingredients

Each tablet contains 5mg of bisacodyl as the active ingredient.

It also contains the following inactive ingredients:

- lactose
- microcrystalline-cellulose
- hydroxypropylcellulose
- pregelatinised maize-starch
- magnesium stearate
- hypromellose
- triethyl citrate
- talc-purified
- titanium dioxide
- iron oxide yellow
- sucrose
- carnauba wax
- methacrylic acid copolymer.

This medicine is gluten-free.

#### Australian Registration Numbers

Apohealth Bisacodyl Laxative 5mg tablets  
AUST R 267256

### Sponsor

Apotex Pty Ltd  
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This leaflet was last updated in May 2016.