

Package leaflet: Information for the user

Manx Ispaghula Husk Granules

Orange for Oral Suspension 3.5g

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

Always take this product 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 any possible side effects not listed in this leaflet. See section 4
- You must talk to a doctor if you do not feel better or if you feel worse after 3 days.

What is in this leaflet

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1. What Ispaghula Husk is and what it is used for

This medicine contains ispaghula husk which is a bulking agent. This means that when it is taken with water it increases the size of the faeces (stools) and helps solid waste to pass through the body. Ispaghula Husk sachets are used to treat constipation and in conditions where it is better for the patient to have soft stools. They are also used for patients who require a high fibre diet.

2. What you need to know before you take Ispaghula Husk

Do not take Ispaghula Husk if you are or have:

- a blockage of the bowel (intestinal obstruction or faecal impaction)
- allergic reaction to ispaghula or any of the ingredients in these sachets (see section 6 for more details)
- severe pain, cramps or swelling in your abdomen, vomiting (being sick). You may have a blockage in your intestine
- been told by your doctor that the muscles in the wall of your bowel are weak or not working
- a disease called phenylketonuria (an inherited disorder of protein metabolism)
- younger than 12 years of age.

Warnings and precautions

Talk to your doctor or pharmacist before taking Ispaghula Husk.

- As per the instructions, always take this medicine with plenty of water (see section 3). Taking it with too little water could cause it to stick in your gullet or throat, making it difficult for you to swallow or breathe, to have pain in your chest or to be sick. If this happens seek urgent medical help
- Make sure that you drink enough fluid during the day while you are taking this medicine (see 'Taking Ispaghula Husk with food and drink' below). If you are elderly or debilitated, you may need someone to help you do this
- If you have been informed by your doctor that you have narrowing of the intestines or reduced bowel motility, talk to your pharmacist or doctor before taking Ispaghula Husk to make sure that it is suitable for you
- If your constipation is not relieved or your symptoms persist, consult your doctor
- Absorption of calcium, iron, vitamins and minerals from your digestive system may be reduced while taking this medicine.

Other medicines and Ispaghula Husk

Tell your doctor or pharmacist if you are taking or have recently taken or might take any other medicines. In particular the following:

- Mineral or vitamin B 12 supplements
- Medicines for heart failure (cardiac glycosides)
- Medicines to thin the blood such as warfarin
- Lithium for bipolar disorder.

Ispaghula Husk with food and drink

- Maintain an adequate fluid intake whilst taking this medicine by drinking enough water. You should aim to drink at least eight large glasses of water a day
- To prevent constipation it is important to eat a well balanced diet containing fibre (whole grain breads and cereals, bran, fruit and green leafy vegetables) and to take daily exercise
- Drinks containing caffeine (tea, coffee) or alcohol can make constipation worse as they have a diuretic effect, which means they cause a loss of fluid from the body, causing dehydration.

Pregnancy and breast-feeding

Ask your doctor or pharmacist for advice before taking any medicines.

(continued overleaf)

Driving and using machines

There are no known effects of this medicine on your ability to drive or use machinery.

Ispaghula Husk contains aspartame (E951) and sucrose

Aspartame contains a source of phenylalanine. May be harmful for people with phenylketonuria.

This medicine contains sucrose. If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this product.

3. How to take Ispaghula Husk

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

Check with your doctor or pharmacist if you are not sure.

Adults, the elderly and children over 12 years

The recommended dose is 4 - 20g (1-5 sachets) in 1 to 3 doses.

Mix one sachet in about 150ml (quarter pint) of cool water, stir briskly and swallow as quickly as possible.

Do not give to children under 12 years of age.

You should take it at least half to one hour before and after a meal or taking other medicines.

You should **not** take it just before you go to bed.

If you take more Ispaghula Husk than you should

If you have taken more than the usual dose, you should drink plenty of fluid. Consult a doctor if you develop any stomach pains or start vomiting. If symptoms persist for more than 3 days please see your doctor.

If you forget to take Ispaghula Husk

If you forget to take a dose, take one as soon as you remember. Do not take a double dose to make up for a forgotten dose.

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

4. Possible side effects

Like all medicines, this medicine can cause side effects, although not everybody gets them.

If you get any of the following side effects you should stop taking Ispaghula Husk and contact your doctor, as these may be signs of an allergic reaction to the medicine:

- a skin rash resembling hives (itchy, raised swollen areas on the skin) or nettle rash
- itchy or runny nose
- shortness of breath
- inflammation of the membrane that covers the inner surface of the eyelid.

You may experience flatulence, bloating or abdominal discomfort during the first few days of taking Ispaghula Husk. These effects should lessen as you continue to take Ispaghula Husk.

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:

www.mhra.gov.uk/yellowcard. By reporting side effects you can provide more information on the safety of this medicine.

5. How to store Ispaghula Husk

Keep out of the sight and reach of children.

Do not store above 25°C.

Store in the original package.

Do not use these sachets after the expiry date which is printed on the packet.

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.

6. Contents of the pack and information

What Ispaghula Husk contains

Each sachet contains the active ingredient ispaghula husk 3.5g. It also contains natural orange flavour (maltodextrin, acacia gum, natural tocopherol extracts), aspartame (E951), beta-carotene (maltodextrin, acacia {E414}, hydrogenated vegetable oil, sucrose, beta-carotene {E160a}, sodium ascorbate {E1301}, di- α -tocopherol {E307}, citric acid monohydrate and pregelatinised starch.

What Ispaghula Husk looks like and contents of the pack

The product is available in boxes of 7, 10, 30 and 60 sachets containing granules for oral suspension. Not all pack sizes may be marketed.

MA Holder

Manx Healthcare Ltd, Taylor Group House
Wedgnock Lane, Warwick, CV34 5YA, United Kingdom.

Manufacturer

Honeywood Ltd, Edmonds Close, Denington Industrial Estate, Wellingborough, Northants, NN8 2QY, United Kingdom.

Other formats

To request a copy of this leaflet in Braille, large print or audio please call 01926 482511.

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Healthcare

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