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JOB INFORMATION

Product Name: Wilko Constipation Relief 5mg Tablets Adult
Project Name: Bisacodyl BRS update

Customer:	Wilkinson	HUB No.:	13708
Market:	UK	Component No.:	B9V60P4J2
Component:	Leaflet	Customer Code:	N/A
Pack Size:	20	Supplier Code:	TBC
Licence No.:	PL 08553/0199	Export Code:	N/A

JOB SPECIFICATION

Dimensions:	140 x 420mm	Supplier:	Wrafton Laboratories
Profile No.:	L167 V3	Printer:	Essentra - Bradford
Pharmacode:	1655	Print Process:	Litho
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MAIN BODY TEXT

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COLOURS

Print Colours: BLACK
Non-print Colours: CUTTER, INFO

0 10 20 30 40 50 60 70 80 90 100

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 have 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.

What is in this leaflet:

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

1 What Wilko Constipation Relief 5mg Tablets Adult are and what they are used for

Bisacodyl belongs to a group of medicines known as stimulant laxatives. Stimulant laxatives increase bowel movements. Wilko Constipation Relief 5mg Tablets Adult are used for the short term relief of occasional constipation. Wilko Constipation Relief 5mg Tablets Adult do not help with weight loss.

What is constipation?
Normal and regular bowel movement is important for most people. However, what is "normal and regular" varies from person to person. Some may have a bowel movement every day, others less often. Whatever it is like for you, it is best that your bowel movement has a regular pattern.
- Constipation is an occasional problem for some people. For others, it may happen more often.
- It happens when the normal muscle actions in the bowel (large intestine) slow down. This can mean that material is not easily eliminated from the body.

The cause of constipation is often not known. It can be associated with:
- Sudden change of diet
- A diet with not enough fibre
- Not drinking enough fluids
- Loss of 'tone' of the bowel muscles in older people
- Pregnancy
- Medicines such as morphine or codeine
- Having to stay in bed for a long time
- Lack of exercise.

Whatever the cause, constipation can be uncomfortable. It may make you feel bloated and heavy or generally "off colour". Sometimes it causes headaches.

It is recommended to use changes in diet and bulk forming medicines to control constipation before using this medicine.

These healthy tips are recommended to try to prevent constipation happening:
- Eat a balanced diet including fresh fruit and vegetables
- Drink enough water so that you do not become dehydrated
- Keep up your exercise and stay fit
- Make time to empty your bowels when your body tells you.

Wilko Constipation Relief 5mg Tablets Adult

(Bisacodyl)

PACKAGE LEAFLET: INFORMATION FOR THE USER

2 What you need to know before you take Wilko Constipation Relief 5mg Tablets Adult

Do not take Wilko Constipation Relief 5mg Tablets Adult if you
- are **allergic** (hypersensitive) to bisacodyl or to any of the ingredients of this medicine (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 called **"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. Do not use in children under the age of 18 years. If you are not sure, talk to your pharmacist or doctor before taking this medicine.

Does this help with weight loss?
Stimulant laxatives (including bisacodyl) do not help with weight loss. They do not reduce the absorption of calories or nutrients. They can cause watery stools (diarrhoea), abdominal cramps and dehydration. Dehydration can seem like weight loss.

Overuse of laxatives may damage your health by:
- Causing disturbances of electrolyte and mineral balances. Sodium, potassium, magnesium, and phosphorus are electrolytes and minerals that are present in very specific amounts necessary for proper functioning of the nerves and muscles, including those of the colon and heart. Upsetting this delicate balance can cause incorrect functioning of these vital organs.
- Severe dehydration may cause tremors, weakness, blurry vision, fainting, kidney damage, and, in extreme cases, death. Dehydration often requires medical treatment.
- Overuse of laxatives must be avoided as it may harm the intestinal function.

Other medicines and Wilko Constipation Relief 5mg Tablets Adult
Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines. This is because Wilko Constipation Relief 5mg Tablets Adult can affect the way some other medicines work. Also, some other medicines can affect the way Wilko Constipation Relief 5mg Tablets Adult work.

In particular, tell your doctor or pharmacist if you are taking:
- Water tablets (diuretics) such as bendrofluazide 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 Wilko Constipation Relief 5mg Tablets Adult

Pregnancy and breast feeding
Talk to your pharmacist or doctor before taking Wilko Constipation Relief 5mg Tablets Adult if you are pregnant, planning to become pregnant or are 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.

Wilko Constipation Relief 5mg Tablets Adult 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 sucrase-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 Wilko Constipation Relief 5mg Tablets Adult

Always take this medicine exactly as described 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 Wilko Constipation Relief 5mg Tablets Adult. This is because they will stop Wilko Constipation Relief 5mg Tablets Adult from working properly.

Doses
For constipation:
Adults (including the elderly): **1 to 2** tablets daily.

If you have not taken Wilko Constipation Relief 5mg Tablets Adult before, start with one tablet and increase to two if necessary.
When your bowel regularity has returned to normal, the dose should be reduced and be stopped.

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. Overuse can be harmful.

If you take more Wilko Constipation Relief 5mg Tablets Adult than you should
It may be harmful to:
- Take too many Wilko Constipation Relief 5mg Tablets Adult.
- Take Wilko Constipation Relief 5mg Tablets Adult 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 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 the medicine pack with you, this is so the doctor knows 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, Wilko Constipation Relief 5mg Tablets Adult can 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 a 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, website: www.mhra.gov.uk/yellowcard or search for MHRA Yellow Card in the Google Play or Apple App Store.
By reporting side effects you can help provide more information on the safety of this medicine.

5 How to store Wilko Constipation Relief 5mg Tablets Adult

- Keep this medicine out of the sight and reach of children
- Do not take Wilko Constipation Relief 5mg Tablets Adult 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
- Do not store above 25°C
- 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 measures will help protect the environment.

6 Contents of the pack and other information

What Wilko Constipation Relief 5mg Tablets Adult 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
Wilko Constipation Relief 5mg Tablets Adult are round yellow, sugar-coated tablets.
They are packed in cartons containing blister strips.
The cartons contain 8, 10 or 20 tablets.
Not all pack sizes may be marketed.
If you want to know more about your medicine, ask your doctor or pharmacist who can give you more information.

Marketing authorisation holder and manufacturer
Dr. Reddy's Laboratories (UK) Ltd
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Wilko Constipation Relief 5mg Tablets Adult

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