

Duration of use

Not to be used for more than one week. Usually it is sufficient to take this medicine up to two to three times a week. Consult your doctor, pharmacist or qualified healthcare practitioner after taking this medicine:

- if symptoms worsen or persist
- if there is no bowel movement within 3 days of use
- If you need to take laxatives every day or if abdominal pain persists.

Do not take more than the leaflet tells you. Overuse can be harmful.

If you take more Care Senna 7.5 mg Tablets 12 Years Plus than you should:

If you take more tablets than you should, stop taking the medicine and consult your doctor and take this leaflet with you, even if you do not experience any symptoms.

It may be harmful to take too much of this medicine or take it for too long.

This is because it 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 fluids 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 'hypokalaemia'). This can make you tired, dizzy, make your muscles weak and cause uneven heartbeat.
- Dehydration, making you thirsty, feel faint and giving you headaches. It can also mean you cannot pass enough urine.

If you forget to take Care Senna 7.5 mg Tablets 12 Years Plus:

If you miss a dose, take your next dose at the usual time. Do not take or give a double dose

to make up for a forgotten dose, just carry on with the recommended dose. If you have any further questions on the use of this product ask your doctor or pharmacist.

4. POSSIBLE SIDE EFFECTS

Like all medicines, this medicine can cause side effects, although not everyone gets them. If any of the following or other side effects occur, stop taking this product and consult your doctor or pharmacist:

- allergic reactions such as local or more widespread, skin rash, hives (skin bumps) or itchiness around the anus.

The following effects may also occur:

- the product may produce abdominal pain, spasms and diarrhoea, in particular in patients with irritable colon.
- chronic use may lead to albuminuria and haematuria which is albumin or blood in the urine
- chronic use may cause pigmentation of the gastrointestinal tract which usually recedes when the product is no longer taken
- yellow or red-brown discolouration of urine may occur during the treatment, but is harmless

Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or qualified healthcare practitioner. 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 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 CARE SENNA 7.5 MG TABLETS 12 YEARS PLUS

Keep this medicine out of the sight and reach of children.

- Do not use this medicine after the expiry date which is stated on the carton (EXP month/year). The expiry date refers to the last day of that month.
- Do not store above 25°C.
- Store in the original package.
- 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 Care Senna 7.5 mg Tablets 12 Years Plus contain

Each tablet contains:

Alexandrian Senna fruit (Cassia senna L. (*C. acutifolia* Delile) fruit) corresponding to 7.5 mg hydroxyanthracene glycosides, calculated as Sennoside B.

Care Senna 7.5 mg Tablets 12 Years Plus also contain:

Magnesium Stearate, Fennel Seed, Croscarmellose Sodium, Calcium Hydrogen Phosphate Dihydrate, Microcrystalline Cellulose, Colloidal Anhydrous Silica.

What Care Senna 7.5mg Tablets 12 Years Plus look like and contents of the pack

Care Senna 7.5 mg Tablets 12 Years Plus are uncoated biconvex greenish tablets available in blister packs of 60 and 100 tablets. Not all pack sizes may be marketed.

Marketing Authorisation Holder and Manufacturer

Soho Floridis UK Limited, 1 Botanic Court, Martland Park, Wigan, WN5 0JZ
PL 44893/0042

If you would like a version of this leaflet in an alternative format, please call 01942 219960. This leaflet was last revised in September 2023.

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Legal status: P>12yrs

PACKAGE LEAFLET: INFORMATION FOR THE USER

CARE SENNA 7.5 mg TABLETS 12 YEARS PLUS

(SENNA PODS)

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 or qualified healthcare practitioner 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 or qualified healthcare practitioner. This includes any possible side effects not listed in this leaflet. See section 4.
- You must talk to a doctor if symptoms worsen, or if there is no bowel movement after 3 days.

WHAT IS IN THIS LEAFLET:

1. What Care Senna 7.5 mg Tablets 12 Years Plus are and what they are used for
2. What you need to know before you take Care Senna 7.5 mg Tablets 12 Years Plus
3. How to take Care Senna 7.5 mg Tablets 12 Years Plus
4. Possible side effects
5. How to store Care Senna 7.5 mg Tablets 12 Years Plus
6. Contents of the pack and other information

1. WHAT CARE SENNA 7.5 MG TABLETS 12 YEARS PLUS ARE AND WHAT THEY ARE USED FOR

Care Senna 7.5 mg Tablets 12 Years Plus contain Senna which work as a stimulant laxative for the short-term relief of occasional constipation. Care Senna 7.5 mg Tablets 12 Years Plus contain Senna pods (fruit). Constipation is a fairly common and uncomfortable complaint. It usually involves difficult or irregular bowel movements, accompanied by hard, dry motions which can be painful to pass. Laxatives 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

2. WHAT YOU NEED TO KNOW BEFORE YOU TAKE CARE SENNA 7.5 MG TABLETS 12 YEARS PLUS

Do not take Care Senna 7.5 mg Tablets 12 Years Plus:

- If you are allergic to any of the ingredients of this medicine (listed in section 6).
- If you have blockage or narrowing of the gastro-intestinal tract or bowel (ileus, intestinal obstruction or stenosis)
- If you have paralysis or lack of muscle tone in the bowel (atony)
- If you have appendicitis
- If you have inflammatory bowel disease such as Crohn's disease or ulcerative colitis
- If you have persistent or undiagnosed abdominal complaints e.g. pain, nausea or vomiting
- If you have faecal impaction or rectal bleeding for which you don't know the cause, or blood in stools
- If you have already taken a laxative and are still constipated
- If you have had a sudden change in bowel habit that lasted for more than 2 weeks
- If you are pregnant or breastfeeding
- If you have severe dehydration
- If you are under 12 years of age

Does this help with weight loss?

Stimulant laxatives including Care Senna 7.5 mg Tablets 12 Years Plus 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 can cause the colon to stop reacting to usual doses of laxatives so that larger and larger amounts of laxatives may be needed to produce bowel movements.
- Laxative dependency occurs from overuse.

Warnings and precautions

Talk to your doctor or pharmacist or qualified healthcare practitioner before taking Care Senna 7.5 mg Tablets 12 Years Plus:

- if you suffer from kidney disorders
- if you are taking medicines for a heart condition (e.g. cardiac glycosides, antiarrhythmic medicines e.g. quinidine), medicines inducing QT prolongation, diuretics, adrenocorticosteroids or liquorice root preparations.

When administering this product to incontinent adults, pads should be changed more frequently to prevent extended skin contact with faeces.

Taking other medicines and Care Senna 7.5 mg Tablets 12 Years Plus:

Tell your doctor or pharmacist if you are taking, have recently taken, or might take any other medicines, including those listed above and any medicines obtained without a prescription.

Pregnancy and breast-feeding:

Do not take Care Senna 7.5 mg Tablets 12 Years Plus if you are pregnant or breastfeeding because there is no evidence that it is safe to do so.

3. HOW TO TAKE CARE SENNA 7.5 MG TABLETS 12 YEARS PLUS

Always take this medicine exactly as described in this leaflet or as your doctor or pharmacist or qualified healthcare practitioner has told you. Check with your doctor or pharmacist or qualified healthcare practitioner if you are not sure.

For oral use.

New users should start with the lowest dose and increase it to the maximum if necessary. Once regularity has been regained dosage should be reduced and stopped. It is important that you follow these instructions carefully.

The recommended dose is:

Adults and the elderly: Take two tablets at bedtime when required

Children over 12 years: One tablet at bedtime when required.

Swallow tablets whole with water.

This medicine should not be used in children under 12 years old.

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