

Glycerol 4g Suppositories

Glycerol

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

Always use 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 Glycerol Suppositories are and what they are used for
2. What you need to know before you use Glycerol Suppositories
3. How to use Glycerol Suppositories
4. Possible side effects
5. How to store Glycerol Suppositories
6. Contents of the pack and other information

1. What Glycerol Suppositories are and what they are used for

Glycerol belongs to a group of medicines called laxatives. A laxative is a medicine which is used for the occasional treatment of constipation.

Glycerol Suppositories act as a stimulant laxative for short term treatment of constipation and for emptying the bowels

2. What you need to know before you use Glycerol Suppositories

Do not use Glycerol Suppositories if:

- you suffer from a blocked bowel or an abdominal problem for which you have not obtained a medical opinion
- you are allergic (hypersensitive) to glycerol or any of the other ingredients of this medicine (listed in section 6).

Warnings and precautions

Talk to your doctor or pharmacist before using Glycerol Suppositories

If you are diabetic you should speak to your doctor before using Glycerol Suppositories as they may interfere with levels of sugar in your body.

It is not recommended that you use Glycerol Suppositories for long periods of time. If you need laxatives every day you should see your doctor.

Pregnancy, breast-feeding and fertility

If you are pregnant or breast-feeding, think you may be pregnant or are planning to have a baby, ask your doctor or pharmacist for advice before using this medicine.

Glycerol Suppositories should be avoided in the first three months of pregnancy. Glycerol Suppositories can be used during breastfeeding.

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

3. How to use Glycerol Suppositories

Always use 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.

1. Wash hands before opening individual packaging. If the suppository is too soft, it may be chilled in the refrigerator or under cold running water before unwrapping
2. To remove a suppository, tear one from the strip along the perforations then peel it from the plastic wrapping by grasping the two halves of the wrapping at the tip of the suppository and pulling them gently apart. The tip should be moistened with a little cold water to aid insertion.
3. Lie on your left side (if you are right handed) and draw your knees up towards your chest, with the right leg drawn up more than the left.
4. Using your index finger or middle finger, whichever you find easier, gently push the suppository into the rectum. The suppository is shaped for rectal insertion, ensure the tip of the suppository is inserted first.
5. The suppository should be inserted as far as possible, pushing the end of the suppository sideways to ensure contact with the wall of the bowel.



Continued overleaf

6. Lower your legs to a comfortable position to help you to hold the suppository in place.
7. Retain the suppository in place for at least 15 to 20 minutes if possible. If you feel the suppository must come out immediately, it has not been inserted high enough.
8. You may feel an immediate urge to go to the toilet. Try to ignore this as the suppository will not work for at least 15 minutes.

Glycerol Suppositories should not be swallowed

Adults including the elderly

One 4g suppository

As with all laxatives, the suppositories should not be used on a continuous daily basis for long periods. If you need laxatives every day you should see your doctor.

If Glycerol Suppositories are swallowed

If you suspect someone may have swallowed Glycerol Suppositories contact your doctor or pharmacist taking this leaflet with you.

4. Possible side effects

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

If any of the following symptoms occur contact your doctor or pharmacist immediately. These are symptoms of a serious allergic reaction.

- sudden wheeziness and tightness of chest
- swelling of eyelids, face or lips
- skin limps or hives
- skin rash (red spots), itchiness, fever
- collapse

Other side effects that may occur include:

- abdominal cramps
- irritation in or around the rectum (back passage)

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

Yellow Card Scheme

Website: www.mhra.gov.uk/yellowcard

By reporting side effects you can help provide more information on the safety of this medicine.

5. How to store Glycerol Suppositories

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 after EXP. The expiry date refers to the last day of that month.

Store in a dry place below 25°C.

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 Glycerol Suppositories contain

- The active substance is glycerol
- The other ingredients are gelatin and purified water.

What Glycerol Suppositories look like and contents of the pack

Glycerol Suppositories are amber torpedo shaped suppositories. Each pack contains 12 x 4g suppositories.

Each 4g suppository contains 2800mg glycerol

Marketing Authorisation Holder

Martindale Pharmaceuticals,
Bampton Road, Harold Hill,
Romford, RM3 8UG, United Kingdom

Manufacturer

Phoenix Healthcare Limited,
Cookstown Industrial Estate,
Tallaght, Dublin 24, Ireland

This leaflet was last revised in July 2022.

Other sources of information

If you would like any more information, or would like the leaflet in a different format, please contact Medical Information at the above address.

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