**Package leaflet: Information for the user**

**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**

1. What Ispaghula Husk is and what it is used for
2. What you need to know before you take Ispaghula Husk
3. How to take Ispaghula Husk
4. Possible side effects
5. How to store Ispaghula Husk
6. Contents of the pack and other information


## 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 allergic to ispaghula husk or any of the other ingredients (see section 6)
- if you have a sudden change in bowel habit that has persisted for more than two weeks
- if you are suffering from a blockage of the bowel (intestinal obstruction, faecal impaction)
- if you have a weakness of the bowel wall (colonic atony)
- if the speed in which material moves through your gut has always been slow (naturally occurring reduced gut motility)
- if you have difficulty in swallowing or any throat problems
- if you have rectal bleeding that is undiagnosed
- if you have failed to pass stools following the use of a laxative
- if you are 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 breath, 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 symptoms worsen or do not improve after 3 days, consult your doctor or pharmacist
- Do not take this product if you have phenylketonuria (an inherited genetic disorder) as this product contains aspartame, a source of phenylalanine
- Do not take the last dose of the day immediately before sleep as this can cause obstruction of the bowel
- Do not take if you are debilitated or elderly, unless your doctor has told you too

Take special care if you are a healthcare worker or care giver as allergic sensitisation may occur due to inhalation.

**Children**
Do not give this medicine to children under 12 years old.

**Other medicines and Ispaghula Husk**
Tell your doctor or pharmacist if you are taking, 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
- Medicines to treat diabetes
- Thyroid hormones
- Carbamazepine

Do not take with medicines which may reduce bowel motility (eg codeine and morphine).

Absorption of calcium, iron, vitamins and minerals from your digestive system may be reduced while taking this medicine.

**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**
This medicine may be used during pregnancy and breast-feeding.

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

**Ispaghula Husk contains aspartame (E951), sucrose and sodium**
This medicine contains 0.06mg aspartame in each sachet which is equivalent to 0.014mg/g. Aspartame is a source of phenylalanine. It may be harmful if you have phenylketonuria (PKU), a rare genetic disorder in which phenylalanine builds up because the body cannot remove it properly.

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 medicinal product.

This medicine contains less than 1mmol sodium (23mg) per sachet, that is to say essentially ‘sodium-free’.

## 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 one sachet up to three times a day, as needed.
Additional doses up to a maximum of 5 sachets can be used if required. Maximum daily dose = 5 sachets

Mix one sachet in about 150ml (quarter pint) of cool water, stir briskly and swallow as quickly as possible. Avoid inhaling the powder when mixing with water.

**Do not give to children under 12 years of age.**

This medicine should be taken during the day at least 30 minutes to one hour before or 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 during the first few days of taking Ispaghula Husk. These effects should lessen as you continue to take Ispaghula Husk. Faecal impaction, bloating, abdominal discomfort, bowel blockage or throat tightening may occur, particularly if this medicine is swallowed with insufficient fluids.

**Reporting of side effects**
If you get any side effects, talk to your doctor, pharmacist or nurse. 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 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.

**Marketing Authorisation Holder**

Tillomed Laboratories Limited

220 Butterfield

Great Marlings

Luton

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United Kingdom

**Manufacturer**
Honeywood Ltd
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**Other formats**
To request a copy of this leaflet in Braille, large print or audio, please call 01926 482511.

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