Uncommon side effects (seen in less than 1 in 100 patients)
- Vomiting
- Blood in stools
- 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, 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, 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 Bisacodyl Tablets
- Keep out of sight and reach of children.
- Do not store above 25°C.
- Store in the original package
- Do not use Bisacodyl tablets after the expiry date on the labelling.
- Medicines should not be disposed off via waste water or house hold waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help protect the environment.

6. Further Information
What Bisacodyl tablets contain
The other ingredients in Bisacodyl tablets are: Lactose, Maize starch, Liquid paraffin, Magnesium stearate, Coating: Polyvinyl alcohol-Part hydrolysed, titanium dioxide (E171), Macrogoi/PEG 3350, Talc, Silica, Methacrylic acid Copolymer, Sodium Lauryl sulphate, Triethyl citrate, Quinoline yellow aluminium lake (E I 04), Simethicone 30% emulsion, Shellac (E904), Beeswax (E90 I), Carnauba wax yellow (E903)

The tablets are biconvex, yellow, enteric coated, gastro-resistant tablets.

Bisacodyl tablets are available in blister packs of 20, 40, 60 and 100 tablets.

Also available in 500 or 1000 tablets. Not all pack sizes may be marketed

Marketing Authorisation Holder and Manufacturer:

P

Rudipharm Limited
Unit 6, Salbrook Road Industrial Estate
Salbrook Road, Redhill, Surrey,
RH1 5GJ, United Kingdom

To listen to or request a copy of this leaflet in Braille, large print or audio please call,
01293 827819 (UK only)
Please be ready to give the following information:

Product name	**Reference number**
Bisacodyl 5mg Tablets	**PL 49565/0018**

This leaflet was last revised in December 2025.

PACKAGE LEAFLET: INFORMATION FOR THE USER

Bisacodyl 5 mg Tablets

Read all of this leaflet carefully before 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.
- Contact a doctor if your symptoms worsen or do not improve after 5 days.
- If any of the side effects gets serious, or if you notice any side effect not listed in this leaflet, tell your doctor or pharmacist. See section 4.

In this leaflet:
1 . What Bisacodyl Tablets are and what they are used for
2. Before you take Bisacodyl Tablets
3. How to take Bisacodyl Tablets
4. Possible side effects
5. How to store Bisacodyl Tablets
6. Contents of the pack and further information

1. What Bisacodyl Tablets are and what they are used for
Bisacodyl belongs to a group of medicines known as stimulant laxatives. Stimulant laxatives increase bowel movements. Bisacodyl 5mg Tablets are used for the short-term relief of occasional constipation. Bisacodyl 5mg Tablets do not help with weight loss.

What is constipation?
- A normal and regular bowel movement is important for most people. However this varies from person to person. Some people may experience this more regularly than others. Whatever it is for you, it is best to have a regular pattern of bowl movement. Constipation is an occasional problem for some people and for others it may occurs more often
- It happens when the normal muscle in the bowel (large intestine) slow down. This can mean that materials are not easily removed from the body.

The cause of constipation is often unknown. However, it can be associated with:
- Sudden change in your diet
- A low fibre diet
- Not drinking enough fluid
- A loss of 'tone' of the bowel muscle in older people
- Pregnancy
- Medicines such as morphine or codeine
- Having to stay in bed for a long time
- Lack of regular exercise

Whatever the cause, constipation can be uncomfortable. It may make you feel bloated and heavy or generally "off colour". It can sometimes cause 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 help prevent constipation:
- Eat a balanced diet including fresh fish and vegetables
- Drink enough water so you do not become dehydrated
- Have regular exercise and stay fit
- Make time to empty your bowels when your body tells you

2. Before you take Bisacodyl Tablets

Do not take Bisacodyl Tablets if you:

- are allergic (hypersensitive) to Bisacodyl or any of the other ingredients listed in Section 6
- are intolerant to or cannot digest some sugars (as the tablet contains a small amount of lactose and sucrose)
- have a bowel condition called 'ileus'(blockage in the intestine)
- have a blocked bowel (intestinal obstruction)
- have a serious abdominal condition such as appendicitis
- suffer from inflammatory bowel disease
- have severe abdominal pain associated with nausea and vomiting
- are severely dehydrated

Do not take this medicine if you are under the age of 12 years. If you are unsure, talk to your pharmacy or doctor before taking this medicine

Does this help with weight loss?

Stimulant laxatives (including Bisacodyl) do not help with weight loss or 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 minerals 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.
- Laxative dependency occurs from overuse and can cause the colon to stop reacting to usual doses of laxatives so that larger amounts of laxatives may be needed to produce bowel movements.
- Overuse of laxatives must be avoided as it may harm the intestinal function.

Taking other medicines

Tell your doctor or pharmacist if you are taking or have recently taken any other medication, including herbal medicines and medicines obtained without a prescription. This is because Bisacodyl 5mg Tablets can affect the way some other medicines work. Also, some other medicines can affect the way Bisacodyl 5mg Tablets work.

In particular, tell your doctor if you are taking any of the following:

- Water tablets (diuretics) such as bendrofluazide or furosemide (frusemide)
- Steroid medicines (adreno-corticosteroids) such as prednisolone.
- Other laxative medicines

If you are not sure if any of the above applies to you, talk to your pharmacist or doctor before taking Bisacodyl 5mg Tablets.

Pregnancy and breastfeeding

Talk to your doctor or pharmacist before taking these tablets if you are pregnant, planning to become pregnant or breastfeeding. They will decide if this medicine is suitable for you to take.

Driving and using machines

Bisacodyl tablets have no effect on the ability to drive or use machinery. 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

Important information about some of the other ingredients in your medicine

The tablets contain both lactose and 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 as the tablet contains lactose.

3. How to take Bisacodyl Tablets

Always take your medicine exactly as instructed. Ask your doctor or pharmacist if you are not sure.

Taking the tablets

- Bisacodyl tablets are for short term use. Do not use the tablets every day for more than 5 days. If you need laxatives every day or if you have abdominal pain which does not go away, then you should see your doctor to find the cause of your constipation Overuse can be harmful.
- Swallow the tablets whole with water. The tablet 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 Bisacodyl 5mg Tablets. This is because they will stop the Bisacodyl 5mg Tablets from working properly.

How much to take

Adults (including the elderly) and children over 12 years

- Take one or two tablets (5 to 10mg) daily at night
- If you have not taken Bisacodyl 5mg Tablets before, start with one tablet and increase to two if necessary
- When the bowel regularity has returned to normal, the dose should be reduced and stopped.

Children aged 12 years or younger

- Bisacodyl must not be used in children under 12 years of age.

If you take more Bisacodyl Tablets than you should

It may be harmful to

- Take too much of Bisacodyl or
- Take Bisacodyl 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 muscle 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 too many tablets contact your doctor immediately or go to the nearest hospital casualty department. Take this leaflet or some tablets with you so the doctor will know what you have taken.

Ask your doctor or pharmacist if you have any other questions on the use of this product.

4. Possible side effects

Like all medicines, Bisacodyl tablets can have side effects.

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 including ischaemic colitis (inflammation of the large intestine which causes abdominal pain and diarrhoea)
- Dehydration
- Allergic reactions which may cause a skin rash
- Fainting

Bisacodyl Tablets 5 mg - PIL
Dimensions: 220 x 190 mm (Open Size)

Losartan Tablets

Font type: Times New Roman

Headings: 12pt (Bold)

Sub-Heading: 8pt (Bold)

Normal Text: 8pt (Regular)

COLOURS

- **Black**
- **Pantone 368 C**
- **Pantone 715 C**