

# Dulco-lax<sup>®</sup> Tablets



Boehringer  
Ingelheim

## 5 mg

(bisacodyl)

### What You Should Know About DULCO-LAX Tablets 5 mg

Please read this leaflet carefully, it contains a summary of the information available on your medicine. The information in this leaflet applies to DULCO-LAX Tablets 5 mg only. If after reading this you have any questions ask your doctor or pharmacist.

Each tablet contains 5 mg of bisacodyl as the active ingredient. The tablets also contain the following ingredients: lactose, maize starch, glycerol, magnesium stearate, sucrose (approximately 21 mg per tablet), talc, acacia, yellow iron oxide (E172), titanium dioxide (E171), methacrylic acid-methyl methacrylate copolymer (1:1), methacrylic acid-methyl methacrylate copolymer (1:2), dibutyl phthalate, macrogol 6000, white beeswax, shellac and carnauba wax.

DULCO-LAX Tablets 5 mg are gastro-resistant tablets. They are available in packs of 60 tablets.

The Product Licence and Product Authorisation are held by:

Boehringer Ingelheim Limited,  
Self-Medication Division,  
Ellesfield Avenue, Bracknell,  
Berkshire, RG12 8YS,  
United Kingdom.

The product is manufactured at:

Boehringer Ingelheim France  
12 Rue Andre Huet,  
51060 Reims Cedex  
France.

## **How The Tablets Help You**

The tablets belong to a group of medicines called laxatives which are used for the short-term relief of constipation. The tablets have a dual action, stimulating the muscles of both the large intestine and rectum to bring overnight relief from constipation. They may also help restore the sensation or desire for bowel movement so aiding your body to regain its natural rhythm.

## **Before Taking The Tablets**

Do not take this medicine if:

- You suffer from any of the following intestinal problems; ileus, intestinal obstruction, acute appendicitis, acute inflammatory bowel disease or any other surgical abdominal condition
- You are suffering from severe dehydration
- You are allergic to bisacodyl (or a similar ingredient) or any of the other ingredients in the tablets

Tell your doctor if:

- You are pregnant, planning to become pregnant or you are breast feeding
- You are currently taking diuretics or steroids
- A child under 10 years requires a laxative

*If in doubt ask your doctor or pharmacist*

*The tablets contain glycerol, which if taken in high doses can cause headache, stomach upset and diarrhoea.*

*As with all laxatives, these tablets should not be taken on a continuous daily basis for long periods. If you need laxatives every day, or if you have persistent abdominal pain, you should see your doctor.*

## **How to Take The Tablets**

Unless otherwise directed by your doctor, the usual recommended doses are as follows:

*Adults and children over 10 years:*      one to two tablets at night

New users should start with one tablet and increase to two if necessary. Once regularity has restarted dosage should be reduced and can usually be stopped.

Tablets should be swallowed whole, with water, at night.

The tablets have a special coating and so antacids (medicines which reduce stomach acidity) and milk products should not be taken within an hour before or after DULCO-LAX Tablets 5 mg.

*Children under 10 years of age should seek medical advice before taking DULCO-LAX Tablets 5 mg.*

*In the event of overdose, consult a doctor immediately.*

## **After Taking The Tablets**

All medicines can sometimes cause side-effects. The tablets may occasionally cause abdominal discomfort (including cramps and abdominal pain) and diarrhoea.

Very rarely allergic reactions have been reported.

*If you experience any of these side-effects and they persist or become troublesome, consult your doctor.*

*If you experience any other effects not mentioned above, consult your doctor or pharmacist.*

## **How To Store The Tablets**

Do not take this medicine after the expiry date which you will find printed on the packaging.

Do not store above 25°C. Keep container in the outer carton.

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

This leaflet was revised in October 2002.

## **Healthcare Information**

### **Constipation**

Normal and regular bowel movement is generally considered to be important to the health of the individual. Just what is “normal and regular” may vary from person to person. Some may experience bowel movement daily, others less frequently. Whatever your individual circumstances it is desirable that your bowel movement follows a regular pattern.

Constipation is an occasional problem for some people; for others, it may be a more frequent occurrence. Constipation can be caused by a diet with insufficient fibre, lack of exercise, loss of “tone” of the bowel muscles in later years, pregnancy, drugs such as morphine or codeine, or possibly as a result of an illness involving long periods confined to bed.

From time to time the sensation of the need to empty the bowel is ignored as the time and place may not be convenient. However, regular resistance of this desire for bowel movement leads to the sensation being lost. Without the sensation, the bowel may be too infrequently emptied and the result is constipation.

Whatever the cause, constipation is an uncomfortable condition which can be the reason for headaches, the feeling of heaviness, feeling bloated and generally “off colour”.

### **Healthy Tips**

1. Eat plenty of fresh fruit and vegetables.
2. Don't over-cook vegetables.
3. Eat jacket potatoes and boil new potatoes in their fibre rich skins.
4. Eat brown instead of white bread.
5. Try brown instead of white rice.
6. Add beans and pulses to stews and casseroles.
7. Take more exercise as suits your age and fitness.
8. Whenever possible, make time to empty your bowels when the sensation to do so occurs.
9. Drink plenty of fluids - especially water.