
PACKAGE LEAFLET: INFORMATION FOR THE USER



Constipation Relief Tablets (Bisacodyl)

Read all of this leaflet carefully before you start taking this medicine:

This medicine is available without prescription. You need to take Boots Constipation Relief as instructed in this leaflet to get the best results from it.

- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor or pharmacist.
- If a side effect occurs and gets troublesome, or seems serious to you, or if you experience any side effect not listed in the leaflet, please tell your pharmacist or doctor.

In this leaflet:

1. What Boots Constipation Relief Tablets are and what they are used for
2. Before you take Boots Constipation Relief Tablets
3. How to take Boots Constipation Relief Tablets
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1. What Boots Constipation Relief Tablets are and what they are used for

Boots Constipation Relief Tablets contain the active ingredient bisacodyl. Bisacodyl belongs to a group of medicines known as stimulant laxatives. Stimulant laxatives increase bowel movements. Boots Constipation Relief Tablets are used for the short term relief of constipation.

2. Before you take Boots Constipation Relief Tablets

Do not take Boots Constipation Relief Tablets if you:

- are **allergic** to bisacodyl or to any 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).
- are **pregnant** or **breastfeeding**.
- **have severe dehydration**.
- have a bowel condition call "ileus" (in the small intestine).
- **have severe abdominal pain with nausea and vomiting**.
- **have an abdominal condition such as appendicitis**.
- have a blocked bowel (intestinal obstruction).
- **have inflammation of the bowel (small or large intestine)**.

If you are not sure whether the tablets are suitable for you, check with your doctor or pharmacist.

Taking other medicines

- **Do not take antacids within one hour** after taking these tablets
- **Do not use suppositories** whilst taking Boots Constipation Relief Tablets.

Sugar intolerance

The tablets contain a small amount of lactose and sucrose in each tablet. Patients with rare hereditary problems of fructose intolerance, glucose-galactose malabsorption or sucrose-isomaltase insufficiency should not take this medicine.

If you have an intolerance to some sugars, contact your doctor before taking this medicine.

3. How to take Boots Constipation Relief Tablets

Swallow the tablets **whole with water**. The tablets **should not be chewed or crushed**.

Doses

For constipation: Adults (including the elderly) and children over 10 years: **1 to 2 tablets at night**.

If you take more tablets than you should

If you have taken more than the recommended number of tablets, contact a doctor for advice straight away.

Length of treatment

These tablets **should not be used every day for more than 5 days**. If you need laxatives every day, then you should see your doctor to find the cause of your constipation.

4. Possible side effects

Boots Constipation Relief Tablets may cause gripping pain and abdominal cramps.

Continued daily use of Boots Constipation Relief Tablets over a long period of time can lead to 'lazy bowels' (atonic non-functioning colon) a condition in which bowel emptying occurs infrequently and low blood potassium (hypokalaemia) may occur, signs of which are fatigue, dizziness and general muscle weakness.

Rare side effects (affect less than 1 in 1000 people)

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

Uncommon side effects (affect less than 1 in 100 people)

- Blood in the stools
- Vomiting
- Abdominal discomfort
- Discomfort inside around the back passage
- Dizziness

Common side effects (affect less than 1 in 10 people)

- Abdominal cramps or pain
- Diarrhoea
- Nausea

If a side effect occurs and gets troublesome or seems serious to you, or if you experience any side effect not listed in this leaflet, please tell your pharmacist or doctor.

If you have any of these side effects or have any other effects, please tell your doctor or pharmacist.

5. How to store

- Store below 25°C. Keep in original container.
- Keep all medicines out of reach and sight of children
- Do not use this medicine after the expiry date on the packaging.

6. Further information

What is in your tablets

The active ingredient (the ingredient which makes this medicine work) is bisacodyl. Each tablet contains 5mg of bisacodyl.

The tablets also contain: lactose, maize starch, cellulose acetate phthalate, diethyl phthalate, sucrose, povidone, magnesium stearate, pregelatinised maize starch, talc, E171 (titanium dioxide) and E104 (quinoline yellow).

What your tablets look like and the contents of the pack

Boots Constipation Relief Tablets are round yellow, sugar-coated tablets.

They are packed into cartons containing blister strips. Each pack contains 40 tablets.

If you want to know more about your medicine, ask your doctor or pharmacist who can give more information.

Marketing Authorisation holder and manufacturer

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