

Consumer Medicine Information

PHARMACY ACTION PHARMALAX Tablets

WHAT IS IN THIS LEAFLET

This leaflet answers some common questions about PHARMACY ACTION Pharmalax tablets. It does not replace the advice from your doctor or pharmacist.

Keep this information with the medicine. You may need to read it again.

WHAT PHARMACY ACTION PHARMALAX IS USED FOR

PHARMACY ACTION Pharmalax tablets contain bisacodyl as the active ingredient. PHARMACY ACTION Pharmalax is a stimulant laxative used to provide relief from constipation.

It acts on the wall of the large bowel, encouraging bowel movements by increasing muscle contractions which push the stool mass along.

BEFORE YOU USE PHARMACY ACTION PHARMALAX

When you must not use it

PHARMACY ACTION Pharmalax tablets are not suitable for some patients. You should not take or use this medicine if you have:

- had an allergic reaction to bisacodyl
- stomach cramps, colic or stomach pain
- nausea or vomiting
- blood in the stool
- inflammatory bowel disease
- a condition of the intestine called 'ileus'
- an intestinal obstruction
- severe dehydration
- low potassium levels in the blood
- galactose intolerance

Before you start to take or use it

Tell your doctor if you are allergic to any other medicines or any foods, dyes or preservatives.

Tell your doctor if you have or have had any of the following medical conditions:

- Had any unusual or allergic reaction to laxatives
- Noticed a sudden change in bowel habits or bowel motions, that lasts longer than two weeks
- Missed a bowel motion for only a few days

Use in the elderly

Elderly patients may be more sensitive to the effects or side-effects of this medicine.

Use in children

Always ask your doctor or pharmacist before giving any medicine to children.

PHARMACY ACTION Pharmalax tablets are not recommended for use in children under 6 years of age.

Use in pregnancy or breast feeding

PHARMACY ACTION Pharmalax tablets is not known to be harmful in pregnancy or while breast feeding.

However, if you are pregnant or breast feeding you should discuss with your doctor or pharmacist the risks and benefits involved, before taking or using PHARMACY ACTION Pharmalax tablets.

Taking other medicines

Tell your doctor if you are taking other medicines, including medicines that you buy without prescription from your pharmacy, supermarket or health food shop.

Some medicines and PHARMACY ACTION Pharmalax Tablets may interfere with each other. These include:

- diuretics
- corticosteroids
- digoxin
- some controlled release medicines
- milk products*
- antacids*

*Milk products and antacids should not be taken within 1 hour, and other medicines within 2 hours, of taking PHARMACY ACTION Pharmalax Tablets.

These medicines may be affected by PHARMACY ACTION Pharmalax tablets or may affect how well it works. You may need to take different amounts of your medicines or you may need to take different medicines.

Your doctor or pharmacist has more information on medicines to be careful with or to avoid while taking or using PHARMACY ACTION Pharmalax Tablets.

Interaction with alcohol

PHARMACY ACTION Pharmalax Tablets have not been shown to increase the effects of alcohol.

Affect on driving or alertness

PHARMACY ACTION Pharmalax Tablets do not cause drowsiness and has no known effect on the ability to drive or operate machinery.

HOW TO TAKE OR USE IT

For oral administration.

Dosage: Adults and Children over 12 years: Take two tablets swallowed whole at bedtime for a bowel action the next morning, or half an hour before breakfast for an effect in 6 to 8 hours.

Children aged 6 to 12 years: Take one tablet swallowed whole at bedtime for a bowel action the next morning, or half an hour before breakfast for an effect in 6 to 8 hours.

Not recommended for use in children under the age of 6 years.

Tablets are best taken on an empty stomach and should be accompanied by a full glass of fluid, such as water or fruit juice, but not milk. If you need to take an antacid, take it at least 1 hour before or 1 hour after your dose.

Do not chew or crush the tablet as PHARMACY ACTION Pharmalax tablets are specially coated to allow them to work without causing irritation or nausea. To protect this coating, swallow the tablets whole.

At least 6 - 8 glasses of liquid should be taken each day with all kinds of laxatives. This will help to make the stool softer.

WHEN AND HOW TO USE PHARMACY ACTION PHARMALAX

PHARMACY ACTION Pharmalax tablets may be taken half hour before breakfast for an effect in 6 - 8 hours or at bedtime for a bowel motion in the morning. Tablets are best taken on an empty stomach and should be accompanied by a full glass of fluid, such as water or fruit juice, but not milk.

Do not chew or crush the tablet as PHARMACY ACTION Pharmalax tablets are specially coated to allow them to work without causing irritation or nausea. To protect this coating, swallow the tablets whole.

At least 6 - 8 glasses of liquid should be taken each day with all kinds of laxatives. This will help to make the stool softer.

HOW LONG TO TAKE OR USE PHARMACY ACTION PHARMALAX

Follow your doctor's or pharmacist's instructions on how long to take or use PHARMACY ACTION Pharmalax tablets.

PHARMACY ACTION Pharmalax tablets should be stopped as soon as normal bowel motions have been re-established. It may not be necessary to finish the whole pack of this medicine.

Under normal circumstances, it is recommended that any laxative should not be used for longer than one week unless directed by a doctor. Prolonged use of laxatives is undesirable, and may lead to dependence and further reliance on this laxative to achieve a bowel motion. This can cause a continuing cycle of constipation.

WHAT TO EXPECT

Individuals vary greatly in their response to bisacodyl tablets. After taking PHARMACY ACTION Pharmalax tablets, a bowel motion should occur approximately 6 - 12 hours later.

IF YOU FORGET TO TAKE OR USE IT

If you miss a dose and if you still need to take or use this medicine, take or use it as soon as you remember.

SIDE EFFECTS

Tell your doctor or pharmacist as soon as possible if you do not feel well while you are using PHARMACY ACTION Pharmalax tablets.

Bisacodyl helps most people with constipation but they may have unwanted side effects in some people. All medicines have side effects. Sometimes they are serious, most of the time they are not. You may need medical treatment if you get some of the side effects. Ask your doctor or pharmacist to answer any questions you may have.

Tell your doctor or pharmacist if you notice any of the following and they worry you:

- nausea or vomiting
- stomach cramps, colic or pain
- diarrhoea
- irritation or pain around the anal area.

Tell your doctor straight away if you notice any of the following symptoms:

- confusion
- irritability
- headache
- unusual tiredness or weakness
- muscle cramps
- irregular heartbeat
- breathing difficulties.

These symptoms may mean that your body has suffered a large potassium loss. This is a serious side effect. You may need urgent medical attention.

Tell your doctor or pharmacist if you notice anything else that is making you feel unwell.

Do not be alarmed by this list of side effects. You may not experience any of them.

IF YOU TAKE OR USE TOO MUCH (OVERDOSE)

Immediately telephone your doctor or the Poisons Information Centre (telephone 13 11 26) for advice if you think that you or anyone else may have taken too much PHARMACY ACTION Pharmalax Tablets. Do this even if there are no signs of discomfort or poisoning.

Signs of overdose include nausea, vomiting, dehydration and stomach pains.

AFTER TAKING OR USING IT

Storage

Store below 25°C.

Keep PHARMACY ACTION Pharmalax tablets in a safe place, out of the reach of children. Do not use this medicine after the expiry date printed on the packaging.

Disposal

Ask your pharmacist what to do with any PHARMACY ACTION Pharmalax tablets you may have left over, if you no longer require them, or if you find it has passed the expiry date.

PRODUCT DESCRIPTION

What it looks like

PHARMACY ACTION Pharmalax tablets are yellow round, biconvex coated tablets.

Ingredients

Each tablet contains 5 mg of bisacodyl as the active ingredient.

The other ingredients in PHARMACY ACTION Pharmalax tablets are: Lactose, microcrystalline-cellulose, hydroxypropylcellulose, pregelatinised maize-starch, magnesium stearate, hypromellose, triethyl citrate, talc-purified, titanium dioxide, iron oxide yellow, sucrose, carnauba wax and methacrylic acid copolymer.

Presentation

PHARMACY ACTION Pharmalax tablets are available in blister packs of 50 and 200 tablets

Supplied By:

Generic Health
Level 1, 1102 Toorak Road
Camberwell VIC 3124

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