

# BISALAX<sup>®</sup> MICRO-ENEMAS

## CONSUMER MEDICINE INFORMATION

**IMPORTANT:** Please read this leaflet carefully before using BISALAX micro-enemas. This leaflet is intended to answer questions you may have about BISALAX micro-enemas. It does not replace the advice from your doctor or pharmacist. If you have any questions before, during or after using BISALAX micro-enemas be sure to consult your doctor or pharmacist.

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

### WHAT ARE BISALAX MICRO-ENEMAS?

BISALAX micro-enemas contain 10mg bisacodyl in 5mL of solution. The micro-enema also contains the inactive ingredients macrogol 400, macrogol 3000, macrogol 4000, citric acid, sodium citrate and purified water.

The BISALAX micro-enema solution is contained in a small yellow plastic tube with a long nozzle and a yellow lid. The micro-enemas are available in a pack of 25.

### WHAT ARE BISALAX MICRO-ENEMAS USED FOR AND HOW DO THEY WORK?

BISALAX micro-enemas are used to provide relief from constipation, or to empty the large bowel before some medical procedures, operations or X-rays.

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

### CHECKLIST BEFORE USING BISALAX MICRO-ENEMAS

#### When should BISALAX micro-enemas not be used?

BISALAX micro-enemas are not suitable for some patients. You should not use BISALAX micro-enemas if you have:

- had an allergic reaction to BISALAX
- stomach cramps, colic or stomach pain
- nausea or vomiting
- blood in the stool.

#### What precautions should be taken?

The presence of other medical problems may affect the use of BISALAX micro-enemas. Please check with your doctor if you are started on BISALAX micro-enemas and if you have:

- 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.

#### If you are elderly

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

#### Use in children

BISALAX micro-enemas may be used in children. Always ask your doctor or pharmacist before giving any medicines to children.

#### If you are pregnant or breast feeding

BISALAX micro-enemas are 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 using BISALAX micro-enemas.

**Can BISALAX micro-enemas be used with other medicines?**

Before you start to use BISALAX micro-enemas, you should tell your doctor or pharmacist if you are taking any other medicines, including any that you have bought at a pharmacy or supermarket. BISALAX micro-enemas can be used together with other medicines.

**Do BISALAX micro-enemas interact with alcohol?**

BISALAX micro-enemas have not been shown to increase the effects of alcohol.

**Do BISALAX micro-enemas affect driving or other activities needing alertness?**

BISALAX micro-enemas do not cause drowsiness and have no known effect on the ability to drive or operate machinery.

**HOW SHOULD I USE BISALAX MICRO-ENEMAS?**

**ADULTS**

*For constipation:*

Insert the contents of ONE micro-enema into the rectum, either in the morning or evening, or as instructed by your doctor.

*To empty the bowel for medical procedures:*

Insert the contents of ONE micro-enema into the rectum, one or two hours prior to the medical procedure, or as instructed by your doctor.

**CHILDREN**

*For constipation or emptying the bowel for medical procedures:*

Depending on your child's age, either half or the entire contents of a micro-enema should be inserted into the rectum either in the afternoon, evening or morning, as instructed by your doctor.

**INSTRUCTIONS FOR USING BISALAX MICRO-ENEMAS**

BISALAX micro-enemas may either be self administered, or administered to you by another person.

5. Shake the enema well.
6. Take off the yellow cap from the top of the nozzle.
7. If required, lubricate the tip with Vaseline.
8. Lie on your left side with the left leg extended and the right leg bent, in preparation for administration of the micro-enema.
9. Carefully insert the applicator nozzle tip into the rectum, then press on the end of the plastic tube to squeeze the liquid out gently.
10. Remain lying down for a couple of minutes before sitting or standing up.
11. Discard the empty container after use.
12. Visit a toilet as soon as the need to pass a bowel motion occurs.

**When should I use BISALAX micro-enemas?**

BISALAX micro-enemas can be administered at various times throughout the day depending on when an effect is needed. Sometimes, you may need to use it both in the evening and also the following morning.

BISALAX micro-enemas may be used on their own, or in combination with BISALAX tablets.

**How long do I need to use BISALAX micro-enemas?**

BISALAX micro-enemas should be stopped as soon as normal bowel motions have been re-established.

Some patients who are no longer able to perform normal bowel motions, may need to use BISALAX micro-enemas on a regular basis for long periods of time.

Under normal circumstances, it is recommended that any laxative should not be used for longer than one week unless under a doctor's supervision.

Prolonged use of laxatives is undesirable, and may lead to dependence and further reliance on the laxative to achieve a bowel motion. This can cause a continuing cycle of constipation.

**What can I expect after using BISALAX micro-enemas?**

After using BISALAX micro-enemas, a bowel motion should normally occur within 5-15 minutes.

**What do I do if I miss a dose?**

If you forget a dose and if you still need to use BISALAX micro-enemas, administer the micro-enema as soon as you remember.

**How do I stop using BISALAX micro-enemas?**

It may not be necessary to finish the whole pack of BISALAX micro-enemas. The micro-enemas may be stopped as soon as a bowel motion occurs. Follow your doctor's or pharmacist's instructions on this matter.

**WHAT ABOUT SIDE EFFECTS?**

Tell your doctor or pharmacist as soon as possible if you do not feel well while you are using BISALAX micro-enemas.

BISALAX micro-enemas help 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.

If you experience these or any other side effects you should tell your doctor or pharmacist as soon as possible.

All medicines can have side effects. Sometimes they are serious, most of the time they are not.

### **WHAT ABOUT OVERDOSAGE?**

If you have used too many micro-enemas, you may experience severe diarrhoea. If the diarrhoea continues this can cause loss of body water (dehydration). Should this occur, immediately contact your doctor for advice.

### **HOW SHOULD I STORE BISALAX MICRO-ENEMAS?**

Keep BISALAX micro-enemas in a safe place, out of the reach of children.

Store BISALAX micro-enemas in the original packaging at a temperature below 25°C.

Do not use BISALAX micro-enemas after the expiry date printed on the packaging.

### **How should I dispose of BISALAX micro-enemas?**

Ask your pharmacist what to do with any BISALAX micro-enemas you may have left over, if you no longer require them, or if you find they have passed the expiry date.

### **WHERE DO I GO TO FIND MORE INFORMATION ON BISALAX MICRO-ENEMAS?**

This leaflet does not contain all the available information about BISALAX micro-enemas. It is only a summary. If you have any questions about the information or about your medicine, please speak to your doctor or pharmacist who may have more detailed information and can advise you.

### **NAME AND ADDRESS OF SPONSOR**



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