

# CONSUMER PRODUCT INFORMATION

## BISALAX TABLETS

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

### **WHAT ARE BISALAX TABLETS -**

BISALAX tablets contain 5mg of the active ingredient bisacodyl. The tablets also contain the inactive ingredients lactose, maize starch, macrogol 6000, glycerol, gelatin, magnesium stearate, silica - colloidal anhydrous, sucrose, gelatin, purified talc, acacia, cellaphate, castor oil, sodium benzoate, povidone, shellac, glyceryl monooleate, trimeric (CI 75300), microcrystalline cellulose, titanium dioxide (CI 77891), carnauba wax and carmellose sodium.

BISALAX tablets are small and round and yellow. They are available in pack sizes of 50 and 200 tablets.

### **WHAT ARE BISALAX TABLETS USED FOR AND HOW DO THEY WORK -**

BISALAX tablets are used to provide relief from constipation, or to empty the large bowel before some 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 TAKING BISALAX TABLETS**

#### **When should BISALAX tablets not be taken-**

BISALAX tablets are not suitable for some patients. You should not take BISALAX tablets if you have:

- had an allergic reaction to BISALAX such as a skin rash
- 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 tablets. Please check with your doctor if you are started on BISALAX tablets and have:

- 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 tablets may be used in children to relieve constipation. Always ask your doctor or pharmacist before giving medicines to children.

#### **If you are pregnant or breastfeeding**

BISALAX tablets are not known to be harmful in pregnancy or while breastfeeding. However, if you are pregnant or breastfeeding you should discuss with your doctor or pharmacist the risks and benefits involved, before taking BISALAX tablets.

#### **Can BISALAX tablets be taken with other medicines-**

BISALAX tablets may interact with other medicines. Before you start to take BISALAX tablets, you must tell your doctor or pharmacist if you are taking any other medicines, including any that you have bought at the pharmacy or supermarket.

After taking BISALAX tablets, do not consume milk or antacids for the next hour, and do not take other medicines within the following 2 hours.

#### **Do BISALAX tablets interact with alcohol-**

BISALAX tablets have not been shown to increase the effects of alcohol.

#### **Do BISALAX tablets affect driving or other activities needing alertness-**

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

### **HOW SHOULD I TAKE BISALAX TABLETS -**

#### **ADULTS**

##### For constipation:

Take ONE or TWO (1 or 2) tablets ONCE daily, or as directed by your doctor or pharmacist.

##### To empty the bowel for medical procedures:

Your doctor will tell you how many BISALAX tablets to take. Take the amount your doctor tells you to.

#### **CHILDREN**

##### For constipation:

Children aged 6-12 years: ONE (1) tablet can be given ONCE daily.

Children under 6 years: BISALAX tablets should only be given when advised by your doctor.

Do not chew or crush the tablet as BISALAX 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 should I take BISALAX tablets-**

BISALAX tablets may be taken half an hour before breakfast for an effect in 6 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.

**How long do I need to take BISALAX tablets-**

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

Under normal circumstances, it is recommended that BISALAX tablets should not normally 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 taking BISALAX tablets-**

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

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

If you forget a dose and if you still need BISALAX tablets, take your normal amount of tablets as soon as you remember.

**How do I stop taking BISALAX tablets-**

It may not be necessary to finish the whole pack of BISALAX tablets. Tablets 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 taking BISALAX tablets.

BISALAX tablets 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 other side effects you should tell your doctor or pharmacist as soon as possible.

You should remember that all medicines carry some risks. It is possible that all risks might not yet have been detected despite many years of experience with the medicine.

**WHAT ABOUT OVERDOSAGE-**

If you accidentally take too many tablets, immediately contact your doctor or Poisons Information Centre for advice. Do this even if there are no signs of discomfort or poisoning. Keep telephone numbers for these places handy.

Possible signs of overdosage may include nausea, vomiting, loss of body water (dehydration) and stomach pains.

**HOW SHOULD I STORE BISALAX TABLETS-**

Keep BISALAX tablets in a safe place, out of the reach of children.

Store BISALAX tablets in their original packaging, at temperature below 30-C and away from direct light and moisture.

Do not use BISALAX tablets after the expiry date printed on the packaging.

**How should I dispose of BISALAX tablets-**

Ask your pharmacist what to do with any BISALAX

tablets 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 TABLETS-**

This leaflet does not contain the complete information about BISALAX tablets. 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 have more detailed information and can advise you.

**NAME AND ADDRESS OF SPONSOR**

Aspen Pharmacare Australia Pty Ltd  
34 -36 Chandos Street  
St Leonards 2065 NSW

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**Bisalax is the registered trade mark of Ercopharm A/S Denmark**

**YOU MAY WISH TO READ THIS LEAFLET AGAIN. DO NOT THROW IT AWAY UNTIL YOU HAVE FINISHED YOUR MEDICINE.**