

# **LAX-SACHETS Half**

**6.86g sachet, powder for oral solution**

## **Read all of this leaflet carefully before you start taking this medicine**

- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor or pharmacist.
- If any of the side effects become serious, or you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.

### **In this leaflet:**

- What is LAX-SACHETS Half and what is it used for?
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### **What is LAX-SACHETS Half and what is it used for?**

The name of this medicine is LAX-SACHETS Half 6.86g sachet, powder for oral solution. It is a laxative for the treatment of constipation in adults, adolescents and the elderly. It is not recommended for children below 2 years of age.

LAX-SACHETS Half helps you to have a comfortable bowel movement even if you have been constipated for a long time. LAX-SACHETS Half also works for the treatment and prevention of very bad constipation called faecal impaction.

### **Before you take LAX-SACHETS Half**

**Do not take LAX-SACHETS Half if your doctor has told you that you have:**

- a blockage in your intestine (gut obstruction, ileus)
- a perforated gut wall
- severe inflammatory bowel disease like ulcerative colitis, Crohn's disease or toxic megacolon
- an allergy to any of the ingredients

### ***Heart conditions***

Follow the special instructions in **How to take LAX-SACHETS** if you are taking LAX-SACHETS Half for faecal impaction

### ***Pregnancy and breast feeding***

If you are pregnant or breast feeding, talk to your doctor before taking LAX-SACHETS Half. Always ask your doctor or pharmacist for advice before taking any medicine.

### ***Driving and using machines***

LAX-SACHETS Half does not usually affect your ability to drive or use machines.

### ***Taking other medicines***

Some medicines, e.g. anti-epileptics, may not work as effectively during use with LAX-SACHETS. Please inform your doctor or pharmacist if you are taking, or have recently taken, any other medicines, including medicines obtained without a prescription.

## **How to take LAX-SACHETS Half**

This medicine can be taken at any time of day with or without food or drink.

### ***Constipation:***

Children aged 2-5 years: The usual starting dose is 1 sachet daily.

Children aged 6-11 years: The usual starting dose is 2 sachets daily. The dose should be adjusted up or down as required to produce regular soft stools. The maximum dose needed does not normally exceed 4 sachets daily.

Used in children aged 2-11 years should be limited to 12 weeks except under medical supervision.

Lax-Sachets Half is not recommended for children below 2 years of age.

Adults and children 12 years and older: The recommended dose of Lax-Sachets Half is 2 sachets daily. This can be increased up to 6 sachets daily if necessary, depending on the severity of your constipation. For chronic constipation the dose may be reduced to 1 sachet daily, according to individual response.

For patients 12 years and older using 2 sachets daily or more, it is recommended to use Lax-Sachets.

### ***Faecal impaction:***

A course of treatment with Lax-Sachets Half is for up to 7 days as follow:

Children aged 2-5 years:

Day 1: 2 Sachets  
Day 2 & 3: 4 Sachets daily  
Day 4 & 5: 6 Sachets daily  
Day 6 & 7: 8 Sachets daily

Children aged 6-11 years:

Day 1: 4 Sachets  
Day 2: 6 Sachets daily  
Day 3: 8 Sachets daily  
Day 4: 10 Sachets daily  
Day 5-7: 12 Sachets daily

Adults and children aged 12 years and above: Lax-Sachet is recommended.

Treatment can be stopped when the medicine has worked. This is shown by the patient passing large volumes of stools or watery diarrhoea.

Lax-Sachet Half is not recommended for the treatment of faecal impaction in children with a heart or kidney condition.

Do not use for more than 7 days. If symptoms persist, see your doctor.

### ***How to mix***

Open the sachet and pour the contents into a glass. Add approximately 60ml of water to the glass per sachet. Stir well until all the powder has dissolved and the LAX-SACHETS Half solution is clear or slightly hazy, then drink it. If you like you can add a flavour such as orange squash to the drink.

For use in faecal impaction the correct number of sachets can be made up in advance and kept covered and refrigerated for 24 hours. For example 12 sachets can be made up into 750 mL of water and 16 sachets into 1 litre of water

Drink plenty of water and increase fibre in diet, except in cases of medication-induced constipation. Prolonged use of laxatives is undesirable and may lead to dependence.

### ***If you take more LAX-SACHETS Half than you should:***

You may develop diarrhoea. Stop taking LAX-SACHETS Half until it clears, and then start again at a lower dose. If you are worried contact your doctor or pharmacist.

### ***If you forget to take LAX-SACHETS Half:***

Take the dose as soon as you remember to take it.

### **Possible side effects**

Like all medicines, LAX-SACHETS Half can have side effects.

Some people may have an allergic reaction such as an itchy skin, a nettle rash and may become breathless or have difficulty in breathing. They may also feel weak, increasingly tired, very thirsty with a headache or get puffy ankles. If you experience any of these side effects stop taking LAX-SACHETS Half and tell your doctor immediately.

Sometimes people have stomach ache or rumbles. They may also feel bloated, suffer from wind or feel sick or vomit, may also experience soreness of the anus (bottom) and may have mild diarrhoea when starting to take LAX-SACHETS Half which generally get better if you reduce the amount of LAX-SACHETS Half you take.

If any of the above is troublesome or last more than a few days or if you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.

### **Storing LAX-SACHETS Half**

Keep all medicines out of the reach and sight of children

Do not use LAX-SACHETS Half after the expiry date on the sachet.

Do not store above 25°C.

Once you have made up LAX-SACHETS Half in water, if you cannot drink it straight away keep it covered and in the fridge (2 – 8°C). Throw away any solution not used within a 24 hour period.

Medicines should not be disposed via wastewater or house-hold waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

### **Further Information**

Each 6.86g sachet of LAX-SACHETS Half contains the following:

Macrogol 3350	6.563 g
Sodium Chloride	0.1754 g
Sodium Bicarbonate	0.0893 g
Potassium Chloride	0.0233 g

When it is made into a drink with 62.5 millilitres of water, each sachet gives the equivalent of:

Sodium	65 millimoles/litre
Chloride	53 millimoles/litre
Potassium	5.4 millimoles/litre
Bicarbonate	17 millimoles/litre

LAX-SACHETS Half also contains lemon flavour, and acesulfame potassium as a sweetener.

***What LAX-SACHETS looks like and contents of the pack***

LAX-SACHETS Half is available in boxes of 30 sachets.

***Marketing authorisation holder:***

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