265mm

148 mm

3mm

3mm

MALAYSIA

**Name and Strength of Active**
Sennoside B - 7.5mg

**Product Description**
Circular, biconvex. greenish-brown tablet.

**Pharmacodynamics**
The sugar moiety of the sennosides is removed by bacteria in the large intestine releasing the active anthrone fraction. This stimulates peristalsis via the submucosal and myenteric nerve plexuses.
Defaecation takes place after a delay of 8 - 12 hours due to the time taken for transport to the colon and metabolisation into the active compound.

**Pharmacokinetics**
The action of the sennosides is colon specific and does not depend upon systemic absorption.

**Indication**
For relief of constipation and bowel evacuation prior to radiological examination.

**Recommended Dose**
Adults, the elderly and children over 18 years: Swallow one to two tablets at night.
Children 18 years and under: Contraindicated in children under 18 years.
Use for more than 1 week requires medical supervision. If the symptoms persist or worsen during the use of the medicinal product, a doctor should be consulted.

**Route of Administration**
Oral

**Contraindications**
Hypersensitivity to the active substance or to any of the excipients.
Not to be used at the same time as other laxative agents.
Cases of intestinal obstructions and stenosis, atony, appendicitis, inflammatory bowel diseases (e.g Crohn's disease, ulcerative colitis), abdominal pain of unknown origin, severe dehydration state with water and electrolyte depletion
Do not use during pregnancy and lactation.

**Warnings and Precautions**
- If there is no bowel movement after three days, a doctor should be consulted.
- If laxatives are needed every day, or abdominal pain persists, a doctor should be consulted.
- If laxatives are needed every day the cause of the constipation should be investigated. Long-term use of laxatives should be avoided.
- The product contains lactose monohydrate. One tablet contains 15.82mg lactose monohydrate. Patients with rare hereditary problems of galactose intolerance, the Lapp lactase deficiency or glucose-galactose malabsorption should not take this medicine.
- Do not exceed the stated dose.
- Patients taking cardiac glycosides, antiarrhythmic medicinal products, medicinal products inducing QT-prolongation, diuretics, adrenocorticosteroids or liquorice root, have to consult a doctor before taking this product concomitantly.
- Like all laxatives, this product should not be taken by patients suffering from faecal impaction and undiagnosed, acute or persistent gastro-intestinal complaints, e.g. abdominal pain, nausea and vomiting, unless advised by a doctor, because these symptoms can be signs of potential or existing intestinal blockage (ileus).
- If stimulant laxatives are taken for longer than a brief period of treatment, this may lead to impaired function of the intestine and dependence on laxatives. This product should only be used if a therapeutic effect cannot be achieved by a change of diet or the administration of bulk forming agents.
- Increase fiber in diet except in cases of medication-induced constipation (e.g. with codeine).
- Prolonged use may precipitate the onset of an atonic, non-functioning colon.
- Prolonged and excessive use may lead to fluid and electrolyte imbalance and hypokalaemia.
- Intestinal loss of fluids may promote dehydration. Symptoms may include thirst and oliguria. In patients suffering from fluid loss where dehydration may be harmful (e.g. renal insufficiency, elderly patients) Senokot tablet should be discontinued and only be restarted under medical supervision.
- Patients with kidney disorders should be aware of possible electrolyte imbalance.
- When administering this product to incontinent adults, pads should be changed more frequently to prevent extended skin contact with faeces.
- Should not be used in children or adolescents under the age of 18 year
- Laxatives do not help in long-term weight loss.
- If the symptoms worsen during the use of the medicinal product, a doctor or a pharmacist should be consulted.

**Interactions with Other Medicaments**
Hypokalaemia (resulting from long-term laxative abuse) potentiates the action of cardiac glycosides and interacts with antiarrhythmic medicinal products, with medicinal products, which induce reversion to sinus rhythm (e.g. quinidine) and with medicinal products inducing QT-prolongation. Concomitant use with other medicinal products inducing hypokalaemia (e.g. diuretics, adrenocorticosteroids and liquorice root) may enhance electrolyte imbalance.

**Pregnancy and Lactation**
Pregnancy:
The use during pregnancy is contraindicated because of experimental data concerning a genotoxic risk of several anthranoids, e.g emodin and aloe-emodin.
Lactation:
Use during breastfeeding is contraindicated because small amounts of active metabolites (rhein) are excreted in breast milk.
Fertility:
There are no data on the effects of the product on fertility.

**Side Effects**
Adverse events which have been associated with senna at OTC doses in short-term use are given below, tabulated by system organ class and frequency.
In the treatment of chronic condition, under long-term treatment, additional adverse effects may occur.

**Adverse events table**

| System Organ Class | Frequency | Adverse Events |
|---|---|---|
| Immune System Disorders | Not known | Hypersensitivity, urticaria, asthma, hypogammaglobulinaemia |
| Metabolism and Nutrition Disorders | Not known | Hypokalaemia[1], cachexia |
| Gastrointestinal Disorders | Not known | Abdominal pain[2], abdominal spasm[2], diarrhoea[2], gastrointestinal tract mucosal pigmentation3 |
| Skin and Subcutaneous Tissue Disorders | Not known | Pruritus, local or generalised exanthema |
| Musculoskeletal and Connective Tissue Disorders | Not known | Finger clubbing, tetany and hypertrophic osteoarthropathy |
| Renal and Urinary Disorders | Not known | Chromaturia[4], albuminuria, haematuria, electrolyte imbalance |

**Description of Selected Adverse Reactions**
[1] Prolonged use of laxatives resulting in diarrhoea and subsequently hypokalaemia.
[2] in particular in patients with irritable colon. Symptoms may also occur generally as a consequence of individual overdosage. In such cases dose reduction is necessary.
[3] Chronic use may cause pigmentation of the intestinal mucosa (pseudomelanosis coli), which usually recedes when the patient stops taking the preparation.
[4] Yellow or red-brown (pH dependent) discolouration of urine by metabolites, which is not clinically significant, may occur during the treatment.
Chronic use may lead to disorders in water equilibrium and electrolyte metabolism and may result in albuminuria and haematuria.
The frequency is not known (cannot be estimated from the available data).
If other adverse reactions not mentioned above occur, a doctor or a qualified healthcare practitioner should be consulted.

Reporting of suspected adverse reactions:
Reporting suspected adverse reactions after authorisation of the medicinal product is important.
It allows continued monitoring of the benefit/risk of the medicinal product

**Symptoms and Treatment of Overdose**
Symptoms:
Where diarrhoea is severe, conservative measures are usually sufficient; generous amounts of fluid, especially fruit drinks, should be given.
The major symptoms of overdose/abuse are griping pain and severe diarrhoea with consequent losses of fluid and electrolytes, which should be replaced.
Diarrhoea may especially cause potassium depletion, which may lead to cardiac disorders and muscular asthenia, particularly where cardiac glycosides, diuretics, adrenocorticosteroids or liquorice root are being taken at the same time.
Chronic ingested overdoses of anthranoid containing medicinal products may lead to toxic hepatitis
Treatment:
Treatment should be supportive with generous amounts of fluid. Electrolytes, especially potassium, should be monitored. This is especially important in the elderly. Chronic ingested overdoses of anthranoid containing medicinal products may lead to toxic hepatitis.

**Storage Conditions**
Store dry below 25°C in the original package to protect from moisture.

**Shelf Life**
3 years

**Packaging available**
60 Tablet

**Manufacturer**
Reckitt Benckiser Healthcare (UK) Ltd.,
Dansom Lane, Hull, East Yorkshire, HU87DS, United Kingdom.

**Product Registration Holder**
RB (Health) Malaysia Sdn Bhd (1297081-V),
Level 17, Menara One Sentrum,
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50470 Kuala Lumpur, Malaysia.
Careline number: 1800-888-889

**Product License No:**
MAL19910969X

**Date of revision:**
14 September 2026

SINGAPORE

# Senokot
## Sennoside B 7.5mg
## PATIENT INFORMATION LEAFLET

**1.WHAT SENOKOT TABLET IS AND WHAT IT IS USED FOR**
Senokot is used for relief of occasional constipation

**2. BEFORE YOU TAKE SENOKOT TABLET**
**Do not take if you:**
- are allergic to any of the ingredients.
- Have blockage or narrowing of the gastro-intestinal tract or bowel (ileus, intestinal obstruction or stenosis)
- Have paralysis or a lack of muscle tone in the bowel (atony)
- Have appendicitis, inflammatory bowel disease such as Crohn's disease or ulcerative colitis.
- Have severe dehydration
- Have persistent or undiagnosed abdominal complaints e.g. pain, nausea or vomiting.
- Have faecal impaction or rectal bleeding for which you don't know the cause, or blood in your stools
- Have already taken a laxative and are still constipated
- Have had a sudden change in bowel habit that has lasted for more than 2 weeks
- Are pregnant or breast-feeding
- Have kidney or heart failure
- Are under 18 years of age unless advised by a medical professional

**Tell your doctor or pharmacist if:**
- You suffer from kidney disorders
- You are taking medicines for a heart condition (e.g. cardiac glycosides, antiarrhytmic medicines e.g. quinidine), medicines including QT prologation, diuretics, adrenocortisteroids or licorice root preparations.
- You have been told you have an intolerance to some sugars because this medicine also contains lactose monohydrate (15.82mg per tablet)

When administering this product to incontinent adults, pads should be changed more frequently to prevent extended skin contact with faeces. It is recommended to use changes in diet and bulk forming medicines to control constipation before using this medical.

**Taking other medicines**
You should consult your doctor or pharmacist for advice if you are taking or have recently taken any other medicines, including medicines obtained without a prescription.

**3. HOW TO TAKE SENOKOT TABLET**
**Adults, the elderly and children over 18 years:** Swallow one to two tablets at night
**Children 18 years and under:** Not recommended.
**Do not exceed the stated dose**

New users should start with the lowest dose and increase it to the maximum dose if necessary. Once regularity has been regained dosage should be reduces and can usually be stopped.

**Duration of use**
Normally it is sufficient to take this medicinal product up to two to three times a week.
Use for more than 1 week requires medicinal supervision.

**Tell a doctor or pharmacist if:**
- The symptoms worsen, or persist during the use of the medicinal product
- There is no bowel movement within 3 days of use
- You need to take laxatives every day or if abdominal pain persists.

**If you take too many tablets:**
Consult your doctor and take this leaflet with you.

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## Senokot
## WORKS WITH YOUR BODY TO RELIEVE CONSTIPATION

It may be harmful to take too much of this medicine or take it for too long. This is because it may lead to:
- A 'lazy bowel', where the muscle in the bowel becomes too relaxed. This means that bowel emptying happens less often. This can lead to long-term constipation.
- Imbalance of fluids and salts in the body. This can affect the tightness of muscles such as those in the bowel. It can also affect the salts in the blood.
- Low levels of potassium in the blood (called hypo-kalaemia). This can make you tired, dizzy, make your muscles weak and cause an uneven heart-beat.
- Dehydration, making you thirsty, feel faint and giving you headaches. It can also mean that you cannot pass enough urine.

**If you miss a dose:**
If you miss a dose, take your next dose at the usual time. Do not take two doses at the same time to make up for the missed dose. Always consult your doctor if you need further advice.

**4. POSSIBLE SIDE EFFECTS**
Like all medicines, this medicine can cause side effects, although not everybody gets them.
If any of the following or other side effects occur, stop taking this medicine and consult a doctor or pharmacist:
- Abdominal pain, spasms and diarrhea, in particular these effects may be experienced by patients with irritable colon.
  In these cases, a reduction in dose may be necessary.
- Hypersensitivity (allergic) reactions, hives (skin bumps), skin itchiness or local or more widespread rash, or asthma.
- Can make you more likely to catch infections
- Chronic use may lead to albuminuria and haematuria which is albumin or red blood cells in the urine.
- Yellow or red-brown discoloration of urine may occur, which is harmless chronic use may cause pigmentation of the gastrointestinal tract which usually recedes when the product is no longer taken.
- Low potassium levels in the blood leading to muscle weakness and/or cramps
- Severe weight loss
- Changes in the shape of the finger and fingernail, muscular spasms and inflammation of bones and joints
  The frequency is not known.

**Reporting of side effects**
If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet.

**5. HOW TO STORE SENOKOT TABLET**
Keep out of the reach and sight of children.
Store below 25°C. Store in the original package.
Do not use after the expiry date shown on the package.

**6. FURTHER INFORMATION**
Each tablet contains standardize senna equivalent to 7.5mg total sennosides (calculated as Sennoside B)
Senokot Tablet is a circular, biconvex greenish-brown tablet.

**Manufacturer**
Reckitt Benckiser Healthcare (UK) Ltd.,
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**Product Registration Holder**
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