

# Consigel Powder For Oral Solution 3.5g

Ispaghula Husk Powder 3.5g

## What is in this leaflet:

1. What is Consigel used for
2. How Consigel works
3. Before you use Consigel
4. How to use Consigel
5. While you are using Consigel
6. Side effects
7. Storage and disposal of Consigel
8. Product description
9. Manufacturer and Product Registration Holder
10. Date of revision

## What is Consigel used for

Consigel is recommended for the relief of constipation, including constipation in pregnancy and the maintenance of regularity. This product also helps for the management of bowel function in patients with:

- Colostomy
- Ileostomy
- Haemorrhoids (piles)
- Anal fissure
- Chronic diarrhoea associated with diverticular disease
- Irritable bowel syndrome
- Ulcerative colitis

## How Consigel works

Consigel contains ispaghula husk (or psyllium husk) which is a natural fibre/ bulk laxative that helps to relieve constipation. It absorbs water in the gastrointestinal tract to form a mucilaginous mass which increases the volume of faeces and hence promotes peristalsis (muscle contractions) in the digestive tract.

## Before you use Consigel

### When you must not to use it

Do not use Consigel if you:

- have pre-existing faecal impaction (excessive stool straining)
- intestinal obstruction, or colonic atony (weak colon muscle).

### Pregnancy and lactation

Consigel may be considered during pregnancy and lactation, if necessary and if change of nutrition is not successful. Laxative bulk producers should be used before using other purgatives.

### Before you start to use it

- The product should not be taken dry and should always be taken mixed with fluid (8 fluid ounces or 240 mL of water or other liquid per sachet). Please consume a large amount of fluid/water when taking this product.
- Consigel should not be used by patients with faecal impaction and symptoms such as abdominal pain, nausea and vomiting unless advised by a doctor because these symptoms can be signs of potential or existing intestinal blockage (ileus).
- If abdominal pain occurs or in cases of any irregularity of faeces, the use

of Consigel should be discontinued and medical advice must be sought.

- When taken with inadequate fluid amounts, bulk forming agents can cause obstruction of the throat and oesophagus with choking and intestinal obstruction. Symptoms can be chest pain, vomiting, or difficulty in swallowing or breathing.
- The treatment of debilitated patients and/or elderly patients requires medical supervision.
- In order to decrease the risk of gastrointestinal obstruction Consigel should not be used together with medicinal products known to inhibit peristaltic movement (e.g. opioids) and then only under medical supervision.
- The last dose should not be taken immediately before going to sleep since impaired or reduced gastric motility may impair the intestinal passage and then cause sub-obstruction.
- If the constipation does not resolve within 3 days or if abdominal pain occurs or in case of any irregularity of faeces, the use of psyllium should be discontinued and medical device must be sought.

### Taking other medicines

- Ispaghula and other bulk-forming laxatives may delay or reduce the gastrointestinal absorption of other drugs such as cardiac glycosides, coumarin derivatives, lithium, or vitamins (such as vitamin B12) and minerals (such as calcium, iron or zinc).
- Intervals of 30 minutes to 1 hour are recommended between ispaghula and other drugs or food.
- The dose of insulin may need to be reduced in diabetic patients taking ispaghula.
- Tell your doctor or pharmacist if you are taking or have recently taken any other medicines. This includes any medicines which you have bought without a prescription.

## How to use Consigel

### How much to use

*Adults & Children over 12 years old:*

One sachet, morning and evening

*Children (6 - 12 years old):*

Half to one level 5 ml spoonful, depending on age and size, morning and evening

*Children (under 6 years old):*

The use in children under 6 years of age is not recommended

### When to use it

Consigel is intended for oral use as a suspension in a full drink of water. The granules should be stirred into a glass of water and taken as soon as possible, preferably after meals. The effects start 12 - 24 hours later.

This product should be taken during the day at least ½ to 1 hour before or after intake of other

medicine and should not be taken immediately before going to sleep.

### How long to use it

- Follow the recommendation from your doctor or pharmacist.
- Ask your doctor or pharmacist before prolonged taking Consigel.

### If you forget to use it

Take as soon as you remember. However, do not take it when it is time for next dose to avoid overdose.

### If you use too much (overdose)

In case of overdose, seek medical attention immediately.

You may experience abdominal discomfort, flatulence (accumulation of gas in digestive tract) and intestinal obstruction. Adequate fluid intake should be maintained, particularly if the granules have been taken without water contrary to administration instructions, and management should be symptomatic.

Contact your doctor immediately or go to the Emergency Department of your nearest hospital, if you think you or anyone else may have taken too much of this product. Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention.

## While you are using Consigel

### Things you must do

- Consigel is for oral consumption only.
- Drink plenty of water.

### Things you must not do

- Do not take Consigel unnecessarily.
- Do not exceed the stated dose.
- Do not take Consigel without water.
- Do not inhale any of the powder in order to minimize the risk of sensitisation to the active ingredient during administration.

### Things to be careful of

Please always consult your doctor or pharmacist before using Consigel, especially when there is a known to hypersensitivity. If symptoms persist longer than 3 days, the patient should consult a doctor or healthcare professional.

## Side effects

- Hypersensitivity reactions reported includes rash, rhinitis (nose inflammation), urticarial (skin swelling with hives), bronchospasm (airway congestion), and anaphylactic shock (serious allergic reaction).

You may report any side effects or adverse drug reactions directly to the National Centre for Adverse Drug Reaction Monitoring by visiting the website [npra.gov.my](http://npra.gov.my) [Consumers → Reporting Side Effects to Medicines (ConSERF) or Vaccines (AEFI)].

## Storage and disposal of Consigel

### Storage

Store below 30°C.

Keep out of reach of children.

The expiry date of this product is indicated on the packaging.

Disposal

Medicines should not be disposed via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required.

**Product description**

How it looks like

Before dissolved in water: Brown colour powder.

After dissolved in water: Yellow to brownish suspension, brown speckles with orange flavour.

Ingredients

*Active ingredients*

Ispaghula Husk

*Inactive ingredients*

Citric Acid Anhydrous, Sodium Bicarbonate, Potassium Bicarbonate, Saccharin Sodium, Polysorbate 80, Quinoline Yellow, Sunset Yellow and Orange Flavour.

MAL Number

MAL

**Manufacturer and Product Registration Holder**

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