

DULCOLAX[®] SUPPOSITORIES FOR ADULTS

Bisacodyl (10mg)

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What Dulcolax Suppositories is used for:

- Dulcolax Suppositories is used for relief of constipation. This medicine does not help with weight loss.
- Dulcolax Suppositories is also used to stimulate defaecation for diagnostic or operation procedures.

What is constipation?

Normal and regular bowel movement is important for most people. However, what is “normal and regular” varies from person to person. Some may have a bowel movement every day, others less often. Whatever it is like for you, it is best that your bowel movement has a regular pattern.

• Constipation is an occasional problem for some people.

For others, it may happen more often

• It happens when the normal muscle actions in the bowel (large intestine) slow down. This can mean that material is not easily eliminated from the body

The cause of constipation is often not known. It can be associated with:

- Sudden change of diet
- A diet with not enough fibre
- Not drinking enough fluids
- Loss of ‘tone’ of the bowel muscles in older people
- Pregnancy
- Medicines such as morphine or codeine
- Having to stay in bed for a long time
- Lack of exercise

Whatever the cause, constipation can be uncomfortable.

It may make you feel bloated and heavy or generally “off colour”. Sometimes it causes headaches.

It is recommended to use changes in diet and bulk forming medicines to control constipation before using this medicine.

These healthy tips are recommended to try to prevent constipation happening:

- Eat a balanced diet including fresh fruit and vegetables
- Drink enough water so that you do not become dehydrated
- Keep up your exercise and stay fit
- Make time to empty your bowels when your body tells you

How Dulcolax Suppositories works

Dulcolax Suppositories is a laxative that works by increasing the movement of the intestines, helping the stool to come out.

Before you use Dulcolax Suppositories

- When you must not use it, if:

Do not use Dulcolax Suppositories if any of the below applies to you.

- you are allergic (hypersensitive) to bisacodyl or any other ingredients of this medicine (listed in Product Description)
- you have severe dehydration
- you have a bowel condition called “ileus” (lack of function in the intestine)
- you have an acute abdominal condition such as appendicitis
- you have severe abdominal pain with nausea and vomiting
- you have a blocked bowel (intestinal obstruction)
- you have inflammation of the bowel
- you have cracking of the skin around your back passage (anal fissures)
- you have inflammation or ulcers around your back passage (ulcerative proctitis)

If you are not sure, talk to your pharmacist or doctor before using this medicine.

Does this help with weight loss?

Stimulant laxatives (including Dulcolax Suppositories For Adults 10mg) do not help with weight loss. They do not reduce the absorption of calories or nutrients.

They can cause watery stools (diarrhoea), abdominal cramps and dehydration. Dehydration can seem like weight loss.

Overuse of laxatives may damage your health by:

- Causing disturbances of electrolyte and mineral balances. Sodium, potassium, magnesium, and phosphorus are electrolytes and minerals that are present in

very specific amounts necessary for proper functioning of the nerves and muscles, including those of the colon and heart. Upsetting this delicate balance can cause incorrect functioning of these vital organs.

- Severe dehydration may cause tremors, weakness, blurry vision, fainting, kidney damage, and, in extreme cases, death.

Dehydration often requires medical treatment.

- Overuse of laxatives must be avoided as it may harm the intestinal function.

- Before you start use it

Stimulant laxatives including Dulcolax do not help with weight loss.

Pregnancy and lactation

Please consult your doctor or pharmacist if you are pregnant, planning for pregnancy or breast-feeding before using any medicine.

- Taking other medicines

Tell your doctor if you are taking any other medicines, including any that you buy without a prescription from a pharmacy, supermarket or health food shop.

- Water tablets (diuretics) such as bendrofluzide or furosemide (frusemide)
- Steroid medicines such as prednisolone. Other laxative medicines

If you are not sure if any of the above applies to you, talk to your pharmacist or doctor before using Dulcolax Suppositories.

How to use Dulcolax Suppositories

Dulcolax Suppositories should not be used by children aged 4 years or younger.

- How much to use

Children aged 10 years or younger with chronic or persistent constipation should only be treated under the guidance of a doctor.

For constipation:

Adults and children over 10 years
10 mg suppository for immediate effect.

For preparation of diagnostic procedures and preoperatively:

This should only be used under medical supervision.

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Adults and children over 10 years Two coated tablets (10 mg) in the morning and 2 coated tablets (10 mg) in the evening and 1 suppository (10 mg) on the following morning is recommended.

How to use the suppositories

The suppositories should only be used in your back passage.

1. Take off the foil wrapping
2. Lie on one side and pull your knees up towards your chest. Keep one leg drawn up more than the other
3. Use your first finger (index finger) or middle finger to push in the suppository
4. Gently push the suppository as far as possible into your back passage, pointed end first
5. Once it is as far as it will go, push it side-ways to make sure it touches the wall of the bowel
6. Lower your legs to a comfortable position whilst the suppository is retained in place
7. Keep the suppository inside you for at least 30 minutes

If you feel the suppository might come out straight away:

- You may not have put it in high enough. Push it in as far as possible
- Try to keep it in for 30 minutes, even if you feel like you urgently need to go to the toilet. This is how long it takes to work.

- When to use it

Use as directed by your doctor or pharmacist.

- How long to use it

As with all laxatives, Dulcolax Suppositories should not be taken on a continuous daily basis for more than five days without investigating the cause of constipation.

- If you forget to use it

Consult your doctor or pharmacist on what you should do if you forget to use it.

- If you use too much (overdose)

- Imbalance of fluid 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 'hypokalaemia'). This can make

you tired, dizzy, make your muscles weak and cause an uneven heartbeat.

- Dehydration, making you thirsty, feel faint and giving you headaches. It can also mean you cannot pass enough urine.

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

While you are using it

- Things you must do

Use your medicine exactly as your doctor has told you.

Tell all the doctors, dentists and pharmacists treating you that you are using Dulcolax Suppositories.

Tell your doctor immediately if you become pregnant while using this medication.

- Things you must not do

Do not stop using the medicine unless advised by your doctor. Do not take any new medicines without consulting your doctor or pharmacist.

Do not give Dulcolax Suppositories to anyone else, even if they have the same symptoms or conditions as you.

- Things to be careful of

Prolonged excessive use may lead to fluid and electrolyte imbalance and hypokalaemia.

Driving and using machines

This medicine may affect your ability to drive or use machines. If the medicine makes you dizzy or feel like fainting, wait until these feelings go away before driving or using machines.

Side effects

Like all medicines, Dulcolax Suppositories can cause side effects, although not everybody gets them.

If you experience any of the following side effects, please stop taking the medicines and see your doctor straight away:

Rare side effects (affect less than 1 in 1000 people)

- Severe allergic reactions which may cause swelling of the face or throat and difficulty in breathing or dizziness. If you have a severe allergic reaction, stop taking this medicine and see a doctor straight away.
- Colitis (inflammation of the large intestine which causes abdominal pain and diarrhoea)
- Dehydration
- Allergic reactions which may cause a skin rash
- Fainting

Uncommon side effects (affect less than 1 in 100 people)

- Blood in the stools
 - Vomiting
 - Abdominal discomfort
 - Discomfort inside and around the back passage
 - Dizziness
- ## Common side effects (affect less than 1 in 10 people)
- Abdominal cramps or pain
 - Diarrhoea
 - Nausea

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

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 [Consumers » Reporting Side Effects to Medicines (ConSERF) or Vaccines (AEFI)]

By reporting side effects you can help provide more information on the safety of this medicine.

Storage and Disposal of Dulcolax Suppositories

- Storage

Store below 25°C.

Protect from light and heat, keep the blister in the packaging.

- Disposal

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

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Product Description

- What it looks like

Dulcolax Suppositories 10 mg is white or slightly yellowish, torpedo-shaped

suppository with a smooth or slightly slippery surface and “chimney” in the base.

- Ingredients

- Active ingredient(s): Bisacodyl 10mg

- Inactive ingredients: Hard fat

- MAL number(s):

Dulcolax Suppositories 10 mg
MAL14035018XCZ

Manufacturer

Istituto De Angeli S.r.L Florence, Italy

Product Registration Holder

DKSH Malaysia Sdn Bhd
B-11-01, The Ascent, Paradigm, No. 1,
Jalan SS7/26A, Kelana Jaya 47301
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