

Manevac®

Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.
- You must talk to a doctor if you feel worse, or do not feel better after 7 days.

1. What Manevac is and what it is used for
2. What you need to know before you take Manevac
3. How to take Manevac
4. Possible side effects
5. How to store Manevac
6. Contents of the pack and other information

Manevac is one of a group of medicines called laxatives. The medicine contains Ispaghula Seed, Ispaghula Husk (bulk-forming laxatives) and Tinnevely Senna Pods (a stimulant laxative). Manevac is for short term use in the following: occasional constipation (infrequent passing of hard stools), to maintain normal bowel action in bed-ridden patients and to help reduce pain when emptying the bowels for patients suffering from haemorrhoids (piles). Manevac does not help with weight loss.

- are allergic to Ispaghula Seed, Ispaghula Husk, Tinnevely Senna Pods or any of the other ingredients of this medicine (listed in section 6).
- have a sudden change in bowel habit that has persisted for more than 2 weeks
- have undiagnosed 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 difficulty in swallowing or any throat problems
- have a blocked or narrowing of the gastrointestinal tract or bowel (ileus, intestinal obstruction, faecal impaction or stenosis)
- have paralysis or lack of muscle tone in the bowel wall (atony)
- have appendicitis or suffer from any bowel disorders, for example inflammatory bowel disease such as ulcerative colitis, Crohn's disease, or enlarged bowel (megacolon)
- have naturally occurring reduced gut motility (speed with which material moves through your gut has always been slow)
- are severely dehydrated
- have unexplained or persistent tummy complaints e.g. pain, nausea or vomiting
- have heart or kidney problems
- are under 12 years of age.
- are pregnant or breast feeding

Take each dose of Manevac with 1-2 glasses of water or similar drink, such as milk or fruit juice. Taking Manevac without enough liquid can cause blockage of the throat and oesophagus (gullet) with choking and intestinal blockage. Symptoms can be chest pain, vomiting, or difficulty in swallowing or breathing. If you have chest pain, vomit, or have difficulty in swallowing or breathing after taking Manevac, get medical attention straight away. (See "How to take Manevac" in section 3.)

- Do not exceed the stated dose.
- Make sure you drink enough fluid while taking Manevac. This will also help your constipation.
- If the constipation does not resolve within 3 days, or if abdominal pain or rectal bleeding occurs, or if your stools are different in some way e.g. there is blood in your stools, stop taking Manevac and see your doctor.

- are weak, frail or elderly (you will need to be monitored while taking Manevac)
- have a blocked bowel (dried, hard stools with tummy pain, nausea and vomiting).
- have been informed by your doctor that you have narrowing of the intestines or reduced bowel motility

- See your doctor if you need to use laxatives every day for your constipation. Do not use laxatives for a long time unless your doctor tells you. Using stimulant laxatives (such as Senna pods) more often than occasionally can slow down your bowel and make your constipation worse (called 'lazy bowel syndrome'- See Section 3 "If you take more Manevac than you should").
- If you are incontinent, your pads should be changed more frequently.
- You should first try taking more exercise, changing your diet or taking bulking agents to relieve your constipation before taking laxatives. Ask your pharmacist or doctor for advice.

Stimulant laxatives (including Senna pods) 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.

- 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 can cause the colon to stop reacting to usual doses of laxatives so that larger and larger amounts of laxatives may be needed to produce bowel movements.
- Laxative dependency occurs from overuse.

Do not take Manevac within ½ to 1 hour before or after taking any medicines including those listed below.

Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines, including medicines obtained without a prescription.

- mineral or vitamin B12 supplements
- medicines for heart failure (cardiac glycosides)
- medicines to thin the blood such as warfarin
- carbamazepine for epilepsy (fits)
- lithium for bipolar disorder.
- insulin - If you are diabetic and use insulin, you may need to reduce your dose of insulin if you take Manevac with meals. Please discuss with your doctor if you have any concerns regarding this.
- medicines for thyroid problems - your doctor may need to change the dose of the thyroid hormones you are taking.
- medicines for heart failure or heart rhythm (e.g. cardiac glycosides, antiarrhythmic medicines e.g. quinidine, medicines inducing QT prolongation)
- water tablets (diuretics)
- certain steroids used for inflammation (adrenocorticosteroids)
- liquorice root.

Long term use of laxatives may increase the side effects of some medicines.

If any of the above applies to you, your doctor or pharmacist will be able to advise you further.

Do not take Manevac if you are pregnant or breast-feeding.

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Description		Manevac, (2.60 g+0.11 g+0.34-0.66 g)/5g, 400 g				No. of colours		1		Page Count		1 of 2					
Component Type		Leaflet/IFU - Folded		Site Barcode/ DataMatrix		90		Colours		Black							
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Superseded Affiliate Item Code		N.A.		Vendor Job No.		N.A.		Equate CMYK with									
TrackWise/GLAMS Job No.		N.A.		Artwork Proof No.		1		Main Font		Myriad Pro		Body Text Size		9 pt			
MA No.		PL 46302/0217		Client Market		United Kingdom		Dimensions		184 x 378 mm		Min Text Size used		9 pt			
Supplier SAP No.		N.A.		Barcode Info		N.A.		Packing Site/Printer		Madaus GmbH (Troisdorf - DE)				Keyline/Drawing No.		WZ_503	
New Supplier Code		72003870		3D Render ID		N.A.		Sign-offs									
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