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Page 1

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Take this medicine as directed by your doctor. Refer to the dose written on the sticker the pharmacist applied on the carton. Read the package leaflet before use. Keep out of the sight and reach of children.

Store below 30°C. Store in the original package. Do not use after the expiry date shown on the pack (EXP month/year).

Senokot
7.5mg Tablets
Senna Pods

Each tablet contains powdered Alexandrian Senna fruit (pods) (Cassia senna L. (C. acutifolia Delile)) and Tinnevelly Senna fruit (pods) (Cassia angustifolia Vahl), equivalent to 7.5mg hydroxyanthracene glycosides, calculated as sennoside B. Contains lactose.

Manufacturer and PL holder: Reckitt Benckiser Healthcare (UK) Ltd. Hull, HU8 7DS. PL 00063/0769 UK Only Senokot and ⓣ are trade marks of the Reckitt group

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POM 500 TABLETS

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Tell your doctor, pharmacist or nurse if:
- you suffer from kidney disorders
- you are taking medicines for a heart condition (e.g. cardiac glycosides, antiarrhythmic medicines e.g quinidine), medicines inducing QT elongation, diuretics, adrenocorticosteroids or liquorice 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 medicine.

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

3. HOW TO TAKE SENOKOT TABLETS

Always take this medicine exactly as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.

Adults, the elderly and children over 12 years:
Swallow one to two tablets at night.
Should not be used in children or adolescents under the age of 12 years.
New users should start with the lowest dose and increase it to the maximum dose for each age group, if necessary, by one half of the initial dose each day.
Once regularity has been regained dosage should be reduced and can usually be stopped.
Do not take more medicine than the label tells you to

Duration of use
Use for more than 1-2 weeks requires medical supervision.
If the symptoms persist or worsen during the use of the medicinal product, a doctor should be consulted.

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Opening Corner

Read this leaflet carefully because it contains important information for you. You must contact a doctor if your symptoms worsen or do not improve after 3 days.
If any of the side effects get serious or if you notice any side effect not listed in this leaflet, please tell your doctor or pharmacist.

1. WHAT SENOKOT TABLETS ARE AND WHAT THEY ARE USED FOR

Senokot is used for the short term relief of occasional constipation.

2. BEFORE TAKING SENOKOT TABLETS

Do not take if you :
- are allergic to any of the ingredients (for a full list of ingredients, see section 6)
- 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 heart or kidney failure

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- changes in the shape of the finger and fingernail, muscular spasms and inflammation of bones and joints

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 can also report side effects directly via the Yellow Card Scheme at: www.mhra.gov.uk/yellowcard. By reporting side effects you can help provide more information on the safety of this medicine or search for MHRA Yellow Card in the Google Play or Apple App Store.

5. HOW TO STORE SENOKOT TABLETS

Keep this medicine out of the sight and reach of children.
Store below 30**°**C. Store in the original package. Do not use after the expiry date shown on the pack (EXP month/year). Return any unused medicine to your pharmacist for safe disposal.

6. CONTENTS OF THE PACK AND OTHER INFORMATION

Each tablet contains powdered Alexandrian Senna fruit (pods) (*Cassia senna L.* (*C. acutifolia* Delile)) and Tinnevelly Senna fruit (pods) (*Cassia angustifolia* Vahl) equivalent to 7.5mg hydroxyanthracene glycosides, calculated as sennoside B.
Also contains: calcium phosphate, maize starch, magnesium stearate and lactose monohydrate.
Senokot tablets are available in containers in pack size of 500 tablets.

PL Holder and Manufacturer: Reckitt Benckiser Healthcare (UK) Limited,
Hull, HU8 7DS
Manufacturer: RB NL Brands B.V. WTC Schiphol Airport, Schiphol Boulevard 207, 1118 BH Schiphol, Netherlands
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If you take too many tablets, consult your doctor and take this leaflet with you.
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, 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 diarrhoea, 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 discolouration 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

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