

Package leaflet: Information for the user

Arachis Oil Enema

arachis oil

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

Always use this medicine exactly as described in this leaflet or as your doctor or pharmacist have told you.

- Keep this carton. 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 text. See section 4.
- You must talk to a doctor if you do not feel better or if you feel worse.

What is in this text

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

1. What Arachis Oil Enema is and what it is used for

This enema contains arachis oil which is used to treat constipation by softening your stools (impacted faeces).

2. What you need to know before you use Arachis Oil Enema

Do not use Arachis Oil Enema

- if you are allergic to arachis oil (peanut oil), peanuts or soya
- if you have inflammation or ulcers of the large bowel (the colon), unless advised by your doctor.

Warnings and precautions

Talk to your doctor before using Arachis Oil Enema if you

- have a blockage in the gut (bowel obstruction)
- are elderly, frail (debilitated) or have a neurological disorder such as paralysis of the lower part of the body (paraplegia) or a stroke
- are using in a child.

Pregnancy and breast-feeding

If you are pregnant or breast-feeding, think you may be pregnant or are planning to have a baby, ask your doctor or pharmacist for advice before taking this medicine.

The use of enemas is not recommended during pregnancy unless advised by your doctor.

3. How to use Arachis Oil Enema

Always use this medicine exactly as described in this leaflet or as your doctor or pharmacist have told you. Check with your doctor or pharmacist if you are not sure.

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Adults and elderly: Use one enema as required.

Use in children: Reduce the dose in proportion to the child's weight. If unsure, ask your doctor or pharmacist.

Directions for use:

For rectal use only.

1. Warm the bottle before use, in warm water.
2. Remove the blue cap.
3. Lie on a towel, on your side with both knees bent towards the chest.
4. Insert the nozzle into the rectum and squeeze the bottle gently until empty. **Do not use force** especially in children, the elderly or frail, if the lower body is paralysed or in stroke patients.
5. Put the used bottle back into the carton for disposal.

If you use more Arachis Oil Enema than you should

If you use too much do not worry, the enema is not harmful. However, if any is accidentally swallowed, tell your doctor or pharmacist.

4. Possible side effects

Like all medicines, this medicine can cause side effects, although not everybody gets them.

STOP using the enema and **seek medical help immediately** if you have any of the following **allergic reactions**:

- difficulty breathing or swallowing, swelling of the face, lips, tongue or throat
- severe itching of the skin, with a red rash or raised lumps.

Other side effects:

- rectal irritation (redness, itching).

Reporting of side effects

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

5. How to store Arachis Oil Enema

Keep this medicine out of the sight and reach of children.

Do not use after the expiry date which is stated on the carton after EXP. The expiry date refers to the last day of that month.

Do not store above 25°C.

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away any medicines you no longer use. These measures will help protect the environment.

6. Contents of the pack and other information

What Arachis Oil Enema contains

- The active substance is arachis oil (peanut oil).
- There are no other ingredients.

What Arachis Oil Enema looks like and contents of the pack

The rectal solution is a pale yellow oil in a blue plastic bottle or in a blue bag for single dose use.

Pack size 130 ml.

Not all presentations are marketed.

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Marketing Authorisation Holder

Chemidex Pharma Ltd.

Trading as Essential Generics

Chemidex House,

8a Crabtree Road, Egham,

Surrey TW20 8RN

United Kingdom

Manufacturer

Purna Pharmaceuticals NV

Rijksweg 17, 2870 Puurs,

Belgium

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