FYBOGEL ORANGE
Ispaghula Husk 3.5g
PATIENT INFORMATION LEAFLET
Read this leaflet carefully before you start taking this medicine because it contains important information for you.
Always take this medicine exactly as described in this leaflet or as your doctor or pharmacist has told you:
• Keep this leaflet. You may need to read it again.
• Ask your pharmacist if you need more information or advice.
• You must talk to a doctor if your symptoms worsen or do not improve after 3 days.
• 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.
What is this medicine?
1. What Fybogel Orange is and what it is used for
Fybogel Orange contains the active substance Ispaghula Husk. It is an easy and convenient way to increase the fibre in your diet, helping your digestive system work more efficiently and gently relieving constipation in the natural way. As it works naturally with your body, it takes care of constipation without undue straining, discomfort or unusual urgency, helping to restore and maintain regularity.
Fybogel Orange can be used whenever increased fibre is needed in your diet to relieve constipation, including constipation during pregnancy. It can also be used to help maintain normal bowel function if you suffer from haemorrhoids.

2. What you need to know before you take Fybogel Orange
Do not take if:
• You are allergic to Ispaghula husk or any of the other ingredients (see section 6).
• You have a sudden change in bowel habit that has persisted for more than two weeks.
• You are suffering from a blockage of the bowel (intestinal obstruction, faecal impaction).
• You have a weakness of the bowel wall (colostomy). This speed at which material moves through your gut has always been slow.
• You have difficulty in swallowing or any throat problems.
• You have phenylketonuria (an inherited genetic disorder) as this product contains aspartame, a source of phenylalanine.

Take special care:
• If you are a healthcare worker or care giver as allergic sensitisation may occur due to inhalation.

Further information:
• You may need to reduce your dose of insulin if you take Fybogel Orange with meals.
• You may need to change the dose of the thyroid hormones you are taking.

Possible side effects
Fybogel Orange may be used during pregnancy and breast-feeding. Fybogel Orange contains aspartame if you have phenylketonuria (an inherited genetic disorder), please note that this product contains aspartame, a source of phenylalanine.

How to take Fybogel Orange
For Oral use. Always take this medicine exactly as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.
Fill a glass with approximately 240ml cold water. Pour in the required amount (see dosage below). Stir well and drink straight away, preferably after meals.
Do not take without water. This product should be taken at least 30 mins before or after taking other medicines and should not be taken immediately before going to sleep.

3. How to take Fybogel Orange
Children aged 6 to 12 years: Take half to one level 5ml spoonful depending on size and age, morning and evening, preferably after meals.

4. What is in this leaflet?
This leaflet contains aspartame, a source of phenylalanine.

5. How to store Fybogel Orange
Keep this medicine out of the sight and reach of children.

6. Contents of this leaflet
Contains Ispaghula Husk. Other ingredients are potassium bicarbonate, sodium bicarbonate, citric acid, riboflavin sodium phosphate, beta-carotene, aspartame (E951), orange flavour, saccharin sodium, polysorbate 80, silica colloidal anhydrous.

Marketing Authorisation Holder and Manufacturer
Reckitt Benckiser Healthcare (UK) Limited, Hul, HU7 7DS.
Marketing Authorisation Number
PL 00063/0026.
Fybogel and \( \text{**} \) are trademarks. Leaflet last revised April 2018.

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