

## PATIENT INFORMATION LEAFLET

### CARTON - SHORT TUBE

#### **Phosphates Enema BP Formula B**

(sodium dihydrogen phosphate dihydrate, disodium phosphate dodecahydrate)

#### READY-TO-USE ENEMA

For single rectal use only

#### **WHAT THIS MEDICINE IS:**

Phosphates enema is a bowel cleanser which acts by drawing water into the bowel, making the stools softer and encouraging evacuation. It is used:

- to evacuate and clean the bowel before and after certain operations
- before childbirth
- before diagnostic procedures such as colonoscopy or x-ray examination
- to treat constipation.

#### **DO NOT USE if you:**

- are allergic to any of the ingredients
- have inflammation or ulcers of the large bowel (the colon), unless advised by your doctor
- have a condition of increased absorption from the colon, such as in Hirschsprung's disease
- have any unexplained stomach or intestinal (gut) problems.

#### **Tell your doctor before using if you:**

- suffer from electrolyte disturbances (change of salt levels in the body)
- 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 or a stroke
- are taking other medicines
- are pregnant or breast-feeding.

#### **Important information about some of the ingredients:**

- **sodium.** Speak to your doctor or pharmacist if you are on a sodium controlled diet. Each enema contains 3.2 g of sodium.
- **benzalkonium chloride.** This may cause irritation.

#### **HOW TO USE:**

##### **For rectal use only**

**Adults and elderly:** Use one enema as required.

**Children 3 to 12 years:** Reduce the dose in proportion to the child's weight, i.e. for a 35 kg (5½ stone) child give half the contents of the bottle. If unsure, check the dose with your doctor or pharmacist.

**Under 3 years:** Not recommended.

1. Warm the bottle before use, in warm water.
2. Remove the cap. If required, apply a lubricant (e.g. petroleum jelly) to the nozzle.
3. Lie on a towel, on your side with both knees bent towards the chest.
4. Insert the full length of the nozzle into the rectum and squeeze the bottle gently until empty. For a young child, the nozzle should only be inserted to half its length. **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.

**After using** the enema, if you have not had a bowel movement (usually within 15 to 30 minutes), contact your doctor for advice. Do NOT use another enema.

If you use **too much** or swallow some by mistake, seek medical advice.

**SIDE EFFECTS:**

**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.

**Tell your doctor as soon as possible** if you:

- faint after using the enema. This may happen to elderly patients.

**Other side effects:**

- rectal irritation (redness, itching).

**Long term use** of the enema may irritate the anal passage, or the bowel may become lazy. It may also affect the amount of salts in your blood, your doctor may check for this.

**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 at:

[www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard)

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

**RECTAL SOLUTION CONTAINING:**

**Active ingredients:**

- sodium dihydrogen phosphate dihydrate 10 % w/v
- disodium phosphate dodecahydrate 8 % w/v

**Other ingredients:**

- disodium edetate
- benzalkonium chloride
- purified water

**CONTENTS:**

The rectal solution is a clear liquid in a plastic bottle for single dose use.

**NOT TO BE TAKEN BY MOUTH  
FOR SINGLE RECTAL USE ONLY**

**HOW TO STORE:**

- **Keep out of the reach and sight of children**
- Do not use after the expiry date
- Do not store above 25°C
- Do not throw it away with your household waste or in water. Return all the unwanted medicine to your pharmacist. This will help to protect the environment.

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