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1. What Bisalax Constipation Relief 5mg Tablets Adult are and what they are used for

Bisalax belongs to a group of medicines known as stimulant laxatives. Stimulant laxatives increase bowel movements. Bisalax Constipation Relief 5mg Tablets Adult are used for the short-term relief of occasional constipation. Bisalax Constipation Relief 5mg Tablets Adult do not help with weight loss.

What is constipation?

Normal and regular bowel movement is important for most people. However, what is “normal and regular” varies from person to person. Some may have a bowel movement every day, others less often. Whatever it is like for you, it is best that your bowel movement has a regular pattern.

Constipation is an occasional problem for some people. For others, it may happen more often. It happens when the normal muscle actions in the bowel (large intestine) slow down. This can mean that material is not easily eliminated from the body.

The cause of constipation is often not known. It can be associated with:

• Sudden change of diet
• A lack of exercise
• Not drinking enough fluids
• Loss of ‘tone’ of the bowel muscles in older people
• Pregnancy
• Medicines such as morphine or enalapril
• Having to stay in bed for a long time
• Lack of exercise

Whatever the cause, constipation can be uncomfortable. It may make you feel bloated and heavy or generally “off colour”. Sometimes it causes headaches.

It is recommended to use changes in diet and bulk forming medicines to control constipation before using this medicine.

3. How to take Bisalax Constipation Relief 5mg Tablets Adult

Do not take Bisalax Constipation Relief 5mg Tablets Adult if you:

• are allergic (hypersensitive) to bisacodyl or to any of the ingredients of this medicine (listed in section 6)
• are intolerant to or cannot digest some sugars (as the tablets contain a small amount of lactose and sucrose)
• have severe dehydration
• have a severe abdominal condition such as appendicitis
• have severe abdominal pain with nausea and vomiting
• have a blocked bowel (intestinal obstruction)

Do not take this medicine if any of the above applies to you. Do not use in children under the age of 18 years. If you are not sure, talk to your pharmacist or doctor before taking this medicine.

If you take more Bisalax Constipation Relief 5mg Tablets Adult than you should

If you take too many Bisalax Constipation Relief 5mg Tablets Adult:

• Water tablets (diuretics) such as bendrofluazide or furosemide (frusemide)
• Large doses of paracetamol
• Medicines you no longer use. These measures will help protect the environment.

5. How to store Bisalax Constipation Relief 5mg Tablets Adult

Keep the blister within the outer carton

If you need laxatives every day, then you

6. Contents of the pack and other information

- Keep this leaflet. You may need to read it again.

- If you want to know more about your medicine, ask your doctor or pharmacist who can give you more information about the benefits and risks of this medicine.

- This leaflet does not replace the information given to you by your doctor or pharmacist.

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Laxative dependency occurs from overuse and can cause the colon to stop reacting to usual doses of laxatives. Overuse of laxatives may damage your health by:  
• Seeming like weight loss.  
• Low levels of electrolytes and minerals that are present in very specific amounts necessary for proper functioning of the body. This can affect the tightness of muscles such as those in the bowel. It can also affect the salts in the blood.  
• Dehydration, making you thirsty, feel faint and giving you headaches. It can also mean you cannot pass urine or stools.  
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