



# EPSOM SALTS

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**Care** 

## Epsom Salts

**Magnesium Sulfate Heptahydrate**

Relieves occasional constipation or can be applied to sprains, bruises or boils

**IMPORTANT: Peel this label at corner and read BEFORE use. Do not tear off, re-fix for future use.**

Relieves occasional constipation. Also relieves the pain from sprains, bruises and boils.

**Take by mouth for constipation:**  
**Adults, the elderly and children over 12 years:**

- Take 1 to 3 x 5ml spoonfuls (5-15g) dissolved in 250ml of water as required.
- The solution may be flavoured with fruit juice.


**Do not give internally to children under 12 years old.**


**For external use:**  
**Adults, the elderly and children:**

- Dissolve 1 tablespoonful in a small cup of warm water.
- Apply to the affected skin with cotton wool or lint.

**Peel where shown for further precautions.**  
**Active ingredient:** magnesium sulfate heptahydrate 100%.  
Do not store above 25°C. Store in the original package.  
**Keep out of the sight and reach of children.**  
**Peel where shown for further information.**

Manufactured by the licence holder L.C.M. Ltd., Huddersfield, HD7 5QH, UK for Thornton and Ross Ltd., Huddersfield, HD7 5QH, UK.  
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## 1. Before you use this medicine internally

### ⚠ Do not take the medicine if you have....

- An **allergy** to magnesium sulfate.
- Any stomach or intestine problems other than occasional constipation.
- **Kidney problems.**
- **Severe stomach pain.**
- Or give to children with **tapeworm or threadworms.**

### ⚠ Precautions for use

- Do not use for long periods.
- Make sure enough water is used to avoid dehydration.
- Use with caution if elderly or weakened.
- If symptoms persist for more than 7 days ask your doctor for advice.

### ⚠ Talk to your doctor or pharmacist if you are taking....

- Muscle relaxants e.g. tubocurarine.

- ACE inhibitors for high blood pressure.
- Medicines for bacterial, fungal or viral infections (e.g. tetracyclines, methenamine, quinolones, rifampicin, azithromycin, atazanavir, tipranavir, itraconazole, ketoconazole).
- Medicines to prevent blood clotting (e.g. dipyridamole)
- Medicines for mental illness (e.g. phenothiazines, sulpiride).
- Gabapentin or phenytoin (for epilepsy).
- Chloroquine or hydroxychloroquine to prevent or treat malaria.
- Bisphosphonates for osteoporosis.
- Fexofenadine (an antihistamine).
- Deflazacort (a corticosteroid).
- Lansoprazole (for a stomach ulcer).
- Rosuvastatin (for high cholesterol).
- Levothyroxine (for thyroid problems).
- Penicillamine (for rheumatoid arthritis).
- Digoxin (for heart failure).

- Aspirin.
- Ulipristal (morning after pill).
- Mycophenolate (an immunosuppressant medicine).
- Eltrombopag to treat low platelet counts.
- Polystyrene sulphonate resins.
- Erlotinib (a cancer medicine).

Epsom Salts may affect the action of these and other medicines, **allow 2 hours between taking Epsom Salts and any other medicines** (4 hours for eltrombopag and erlotinib).

### ⚠ Pregnant or breastfeeding....

Epsom Salts should not be used in pregnancy or breastfeeding.

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## 2. Possible side effects

Like all medicines, Epsom Salts can have side effects, although these don't affect everyone.

### Possible side effects are:

- Upset stomach.
- Watery diarrhoea.
- Colic.
- Blocked bowel.

Prolonged use is not recommended and may cause an excess of magnesium in the blood leading to other side effects.

If you notice these or any other side effects, stop use and tell your doctor or pharmacist. They will tell you what to do.

### 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.

## 3. Further information

**⚠ If you accidentally take too much** see a doctor straight away. Take the pack with you to show which medicine you have swallowed.

- Do not use after the expiry date. The expiry date refers to the last day of that month.
- Return any unused medicine to the pharmacy for disposal.

**The active ingredient is:** magnesium sulfate heptahydrate 100%. There are no other ingredients.

### What the medicine looks like

Epsom Salts are white granules which are supplied in 300g packs.

**This label was last revised in February 2016**

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