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

1. What Dulcolax Suppositories are and what they are used for

Dulcolax Suppositories contain a medicine called bisacodyl. This belongs to a group of medicines called laxatives. They are used to treat constipation. Dulcolax Suppositories are also used to clean the bowel before surgery, X-rays or other tests.

2. How to use Dulcolax Suppositories

- Keep this leaflet. 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.
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3. How to use Dulcolax Suppositories

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4. Possible side effects

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5. How to store Dulcolax Suppositories

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6. Contents of the pack and other information

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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 regularly. Whatever it is like for you, it is best that your bowel movement has a regular pattern.

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

- Sudden change of diet
- A diet with not enough fibre
- Lack of exercise
- Medicines such as morphine or codeine
- Pregnancy
- Loss of ‘tone’ of the bowel muscles in older people
- Steroid medicines such as prednisolone.

Whichever the cause, constipation is uncomfortable. It may make you feel bloated and heavy, or generally "off colour". Sometimes it causes headaches.

These healthy tips are recommended to try and prevent constipation happening:

- Eat a balanced diet including fresh fruit and vegetables.
- Drink enough water so that you do not become dehydrated.
- Keep up your exercise and stay fit.
- Make time to empty your bowels when your body tells you.
How to use the suppositories

The suppositories should only be used in your back passage:
1. Take off the foil wrapping
2. Lie on one side and pull your knees up towards your chest. Keep one leg drawn up tightly
3. Use your first finger (index finger) or middle finger to push in the suppository.
4. Gently push the suppository as far as possible into your back passage, pointed end first
5. Once it is as far as it will go, push it side-ways to make sure it touches the wall of the bowel
6. Once it is as far as it will go, it is important to hold it in place
7. Keep the suppository inside you for at least 30 minutes

If you feel the suppository might come out straight away:
- Try to keep it in for 30 minutes, even if you feel like you urgently need to go to the toilet. This is how long it takes to work

The recommended dose is:
- For constipation
  - Adults and children over 10 years: Put one 10 mg suppository into the back passage for immediate effect. Only use one suppository per day
  - Children under 10 years: Put one 5 mg suppository into the back passage for immediate effect. Only use one suppository per day
- For bowel clearance before surgery, X-rays or other tests
  - Adults and children over 10 years: Give one tablet in the evening and one 5 mg suppository (Dulcolax 5 mg Suppositories) on the following morning
  - Children 4-10 years: Give one tablet in the evening and one 5 mg suppository (Dulcolax 5 mg Suppositories) on the following morning

Length of treatment
These suppositories should get be used every day for more than 5 days. If you need laxatives every day, then you should see your doctor to find the cause of your constipation. Overuse can cause harmful side effects.

If you use too many Dulcolax Suppositories than you should
- It may be harmful to use over 10 Dulcolax Suppositories or Dulcolax Tablets at the same time.
- Use Dulcolax Suppositories for too long
- Use too much fluid and salts in the body. This can affect the tightness of muscles such as the in the bowel. It can also affect the salts in the body
- Low levels of potassium in the blood (called hypokalaemia). This can make you feel tired, dizzy, make your muscles weak and cause an uneven heartbeat.
- Dehydration, making you tired, dizzy, feel faint and giving you headaches. It can also mean you cannot pass enough urine.
- If you use more of this medicine than you should, talk to a doctor or go to a hospital straight away. Take the medicine pack with you. This is so the doctor knows what you have taken
- If you have any questions on the use of this product, ask your pharmacist or doctor.

4. Possible side effects

Like all medicines, Dulcolax Suppositories can cause side effects, although not everybody gets them. If you experience any of the following side effects, please stop taking the medicines and see your doctor straight away.

Rare side effects (affect less than 1 in 100 people)
- Abdominal cramps or pain
- Dizziness
- Nausea

Common side effects (affect less than 1 in 10 people)
- Abdominal cramps or pain
- Diarrhoea
- Headache

5. How to store Dulcolax Suppositories

- Keep the medicine out of the sight and reach of children
- Do not store above 25°C
- Do not freeze
- Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to dispose of medicines you no longer use
- Protect from light

6. Contents of the pack and other information

What Dulcolax Suppositories contain
- Dulcolax 5 mg Suppositories contain 5 mg of the active ingredient bisacodyl
- Dulcolax 10 mg Suppositories contain 10 mg of the active ingredient bisacodyl

What Dulcolax Suppositories look like and contents of the pack
- The suppositories are white and torpedo shaped
- Dulcolax 10 mg Suppositories are available in packs of 6, 10, 12, 20, 50 and 100. Dulcolax 5 mg Suppositories are available in packs of 5, 6, 48 and 50. Not all pack sizes may be marketed.

Marketing Authorisation Holder
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Dulcolax Suppositories are manufactured by:
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