How to use Micralax

1. Lie down on your side with your knees drawn up towards your tummy. If you can, sit on the toilet.

2. Push or twist the cap off the tube.

3. You can lubricate the nozzle to make it easier to insert. Squeeze a drop of liquid medicine out onto the nozzle. Return any medicine you no longer need to your pharmacist.

4. If you are bedridden patients, the elderly, children, women giving birth or those deliberately not passing stools, you can sit on the toilet.

5. Keep squeezing the tube as you pull the nozzle out. This is to stop the medicine being drawn back into the tube.

6. Wait for the liquid to be drawn into the lower bowels. This usually takes 5-15 minutes. So make sure you are near a toilet before using it.

How to store Micralax

1. Keep out of the sight and reach of children.

2. Do not use Micralax after the expiry date on the pack. The expiry date refers to the last day of that month.

3. Store below 25°C.

4. Protect from freezing.

5. Do not use if the bottle is cracked or the tube is damaged.

What Micralax looks like

Micralax is a colourless liquid that comes in disposable plastic 5ml tube with 5 - 6 cm long flexible nozzle.

What Micralax contains

The active ingredients are 450 mg sodium citrate and 45 mg sodium alkylsulphoacetate. These work together in the medicine. The other ingredients are sorbitol solution, glycerol, sorbic acid and purified water.

What Micralax is for

Micralax is used to:

• Empty your bowels before an X-ray or other examination.

• Treat constipation especially in bedridden patients, the elderly, children, women giving birth or those deliberately not passing stools.

• You can lubricate the nozzle to make it easier to insert. If you are bedridden patients, the elderly, children, women giving birth or those deliberately not passing stools, you can sit on the toilet.

• Gently squeeze the tube until it is empty.

• Keep squeezing the tube as you pull the nozzle out. This is to stop the medicine being drawn back into the tube.

• Wait for the laxative to work. This takes 5-15 minutes.

If you use more Micralax than you should

If you accidentally use too much Micralax, contact the nearest hospital casualty department or your doctor as soon as possible.

If you have any further questions about the use of this medicine, ask your doctor or pharmacist.

4. Possible side effects

Like all medicines Micralax can cause side effects, although not everybody gets them. Most people find that using this medicine causes no side effects, provided it is used correctly.

If you use Micralax too much it may cause diarrhoea or loss of fluid.

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5. How to store Micralax

Keep out of the sight and reach of children.

Do not use Micralax after the expiry date on the pack. The expiry date refers to the last day of that month.

Store below 25°C.

6. Further information

What Micralax contains

The active substances are 450 mg sodium citrate and 45 mg sodium alkylsulphoacetate. The other ingredients are sorbitol solution, glycerol, sorbic acid and purified water.

What Micralax looks like

Micralax is a colourless liquid that comes in disposable plastic 5ml tube with 5 - 6 cm long flexible nozzle.

Micralax comes in cartons containing 12 tubes.

Marketing Authorisation Holders

RPH Pharmaceuticals AB, Lagervägen 7, 136 50 Haninge, Sweden.

Manufacturer

Recipharm Limited, Vale of Basingstoke, Axton-under-Eyns, OX17 9RR, UK.

This leaflet was last updated November 2017.

If this leaflet is difficult to see or read you would like it in a different format, please contact RPH Pharmaceuticals AB, Lagervägen 7, 136 50 Haninge, Sweden.