

Leaflet Size : 170 mm (W) x 270 mm (H)

Front

10mm

10mm

Center Fold

5 mm

5 mm

5 mm

10mm

10mm

5mm

SPACE
FOR
PHARMA
CODE

Legal status: GSL >18yrs
Package leaflet: Information for the user

**Senease Eighteen Years Plus
7.5 mg Tablets**

Sennosides

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

Always take this medicine exactly as described in this
leaflet or as your doctor or pharmacist has told you.

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

• Ask your pharmacist if you need more information
or advice.

• If you get any side effects, talk to your doctor,
pharmacist or nurse. This includes any possible
side effects not listed in this leaflet. See section 4.

• You must talk to a doctor if you do not feel better
or if you feel worse after 3 days.

What is in this leaflet:

1. What Senease Eighteen Years Plus 7.5 mg Tablets are
and what they are used for

2. What you need to know before you take Senease
Eighteen Years Plus 7.5mg Tablets

3. How to take Senease Eighteen Years Plus 7.5 mg Tablets

4. Possible side effects

5. How to store Senease Eighteen Years Plus 7.5 mg Tablets

6. Contents of the pack and other information

**1. What Senease Eighteen Years Plus 7.5
mg Tablets are and what it is used for**

Senease Eighteen Years Plus 7.5 mg Tablets contains
Sennosides which work as a stimulant laxative for the
short-term relief of occasional constipation. This medicine
contains calcium sennosides. Sennosides are
hydroxyanthracene glycosides derived from Senna Leaf.
Constipation is a fairly common and uncomfortable complaint.
It usually involves difficult or irregular bowel movements,
accompanied by hard, dry motions which can be painful to
pass. Laxatives 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 diet with not enough fibre

• Not drinking enough fluids

• Loss of ‘tone’ of the bowel muscles in older people

• Pregnancy

• Medicines such as morphine or codeine

• 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.

These healthy tips are recommended to try to 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

**2. What you need to know before you
take Senease Eighteen Years Plus
7.5 mg Tablets**

**Do not take Senease Eighteen Years Plus 7.5 mg
Tablets if you:**

• are allergic to Calcium Sennosides or any of the other
ingredients of this medicine (listed in section 6)

• have blockage or narrowing of the gastro-intestinal tract
or bowel (ileus, intestinal obstruction or stenosis)

• have appendicitis, inflammatory bowel disease such as
Crohn’s disease or ulcerative colitis

• have paralysis or lack of muscle tone in the bowel (atony)

• have persistent or undiagnosed abdominal complaints e.g.
pain, nausea or vomiting

• have faecal impaction or rectal bleeding for which you
don’t know the cause, or blood in stools

• have severe dehydration

• have already taken a laxative and you are still constipated

• have had a sudden change in bowel habit that has lasted
for more than 2 weeks

• have kidney or heart failure

• are pregnant or breast-feeding

• are under 18 years of age

Does this help with weight loss?
Stimulant laxatives (including Senease Eighteen Years Plus
7.5 mg Tablets) do not help with weight loss. They do not
reduce the absorption of calories or nutrients. They can
cause watery stools (diarrhoea), abdominal cramps and
dehydration. Dehydration can seem like weight loss.

Overuse of laxatives may damage your health by:

• Causing disturbances of electrolyte and mineral balances.
Sodium, potassium, magnesium, and phosphorus are
electrolytes and minerals that are present in very specific
amounts necessary for proper functioning of the nerves
and muscles, including those of the colon and heart.
Upsetting this delicate balance can cause incorrect
functioning of these vital organs.

• Severe dehydration may cause tremors, weakness, blurry
vision, fainting, kidney damage, and, in extreme cases,
death. Dehydration often requires medical treatment.

• Laxative dependency occurs from overuse and can cause
the colon to stop reacting to usual doses of laxatives so
that larger amounts of laxatives may be needed to
produce bowel movements.

Warnings and precautions
Talk to your doctor, pharmacist or nurse before taking
Senease Eighteen Years Plus 7.5 mg Tablets if you:

- suffer from kidney disorders

- are taking medicines for a heart condition (e.g. cardiac
glycosides, antiarrhythmic medicinal products e.g.
quinidine) and medicinal products inducing
QT-prolongation.

- are taking diuretics, adrenocorticosteroids or liquorice
root preparations.

When administrating this product to incontinent adults then
pads should be changed more frequently to prevent extended
skin contact with faeces.

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

**Taking other medicines and Senease Eighteen Years
Plus 7.5 mg Tablets**
Tell your doctor or pharmacist before taking this medicine;

- If you have recently taken or might take any other
medicines, including any obtained without a prescription.

Pregnancy and breast feeding
You should not use Senease Eighteen Years Plus 7.5 mg
Tablets if you are pregnant or breast feeding.

270 mm

170 mm

