



## Patient Information Leaflet

# **MOVICOL® Flavour Free**

Please read this leaflet carefully before taking your medicine. If you have any questions or are not sure about anything, ask your doctor or pharmacist.

### What is this medicine?

The name of this medicine is Movicol Flavour Free.

Each sachet contains:

Macrogol 3350	13.125 g
Sodium chloride	350.8 mg
Sodium bicarbonate	178.6 mg
Potassium chloride	50.2 mg

When it is made into a drink with 125 mL of water, each sachet gives the equivalent of:

Sodium	65 mmol/L
Chloride	53 mmol/L
Bicarbonate	17 mmol/L
Potassium	5.4 mmol/L

Movicol Flavour Free is lactose-free, gluten-free and sucrose free.

Each sachet contains 13.7 grams of Movicol Flavour Free powder.

You add water to the powder to make a drink.

### What is Movicol Flavour Free used for?

Movicol Flavour Free helps you to have a comfortable bowel movement even if you have been constipated for a long time.

Movicol Flavour Free is also used for the treatment of faecal impaction (as determined by your doctor).

### Before you take Movicol Flavour Free

Do not take Movicol Flavour Free if your doctor has told you that you have:

- an obstruction in your intestine (gut)
- a perforated gut wall
- severe inflammatory bowel disease, like ulcerative colitis, Crohn's disease, or toxic megacolon
- paralysis of the bowel
- an allergy to macrogol or any of the other ingredients.

### Use in children

Movicol Flavour Free is for use in adults and children aged 12 years and over. The Movicol Junior range should be used for children between 2 and 11 years of age.

### Pregnancy and breast-feeding

If you are pregnant talk to your doctor before you take Movicol Flavour Free.

Movicol Flavour Free can be taken while breast-feeding.

### Other Medications

Laxative products such as Movicol Flavour Free have the potential to interact with other medications,

by altering their absorption. Close monitoring of the effects of your medications may be necessary when you start or stop taking Movicol Flavour Free regularly. It is important that you should discuss this with your doctor.

### How to take Movicol Flavour Free

**Constipation:** The recommended dose of

Movicol Flavour Free is 1 sachet a day.

This can be increased to 2 or 3 sachets daily if necessary.

**Faecal Impaction:** The dose is 8 sachets a day taken

within 6 hours. You may need to take this dose for up to 3 days. If you have a heart condition do not take more than two sachets in any one hour.



Open the sachet and pour the contents into a glass. Add 125 mL of water into the glass. Stir well until all the powder has dissolved and the Movicol Flavour Free solution is clear or slightly hazy, then drink it. If you like, you can add a flavour such as orange cordial to the drink.

If you are taking Movicol Flavour Free for faecal impaction, it may be easier to dissolve all 8 sachets in 1 litre of water.

### General recommendations when taking laxatives

Drink plenty of water. Increase fibre in diet except in cases of medication-induced constipation. Prolonged use of laxatives is undesirable and may lead to dependence. If symptoms persist seek medical advice. In some circumstances, prolonged use may be necessary but should only be under medical supervision.

If you take too much Movicol Flavour Free and get bad diarrhoea, stop taking Movicol Flavour Free until the diarrhoea stops. If constipation returns, you should check with your doctor or pharmacist. If you are worried, contact your doctor or pharmacist.

### What about side effects?

Like all medicines, Movicol Flavour Free can have side effects. Sometimes people have indigestion, stomach ache or rumbles. You may also feel bloated, suffer from wind, feel sick or vomit, may also experience soreness of the anus (bottom) and may have mild diarrhoea when starting to take Movicol Flavour Free. Diarrhoea generally gets better if you reduce the amount of Movicol Flavour Free you take. If necessary, discuss reducing the dose with your doctor or pharmacist. Other side effects include allergic reactions which may cause a skin rash, itching, reddening of the skin or a nettle rash. Tell your doctor or pharmacist if you think Movicol Flavour Free is causing you any problem.

Tell your doctor immediately and stop taking Movicol Flavour Free if you:

- Get a serious allergic reaction which causes difficulty in breathing, or swelling of the face, lips, tongue or throat.
- If you feel weak, breathless, very thirsty with a headache, or get puffy ankles.

#### **How to store Movicol Flavour Free**

##### **Storing Movicol Flavour Free sachets**

Store the sachets below 30°C. Do not use Movicol Flavour Free after the expiry date on the pack.

##### **Storing prepared solution of Movicol Flavour Free**

If you do not drink it straightaway, the prepared Movicol Flavour Free solution can be kept covered in the fridge (2 - 8°C) for up to 24 hours. After that time, throw away any remaining solution.

Keep out of reach of children.



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