

PATIENT INFORMATION



MACROGOL PLUS ELECTROLYTES

Macrogol 3350, Sodium chloride, Sodium bicarbonate,
Potassium chloride

WHAT IS IN THIS LEAFLET?

This leaflet answers some common questions about Pharmacy Health Macrogol plus Electrolytes. It does not replace talking to your doctor or pharmacist.

Keep this leaflet with the medicine. You may need to read it again.

WHAT PHARMACY HEALTH MACROGOL PLUS ELECTROLYTES IS USED FOR

Pharmacy Health Macrogol plus Electrolytes works as a laxative, helping you to have a comfortable bowel movement even if you have been constipated for a long time. Pharmacy Health Macrogol plus Electrolytes also works in faecal impaction as diagnosed by your doctor.

Per sachet, Pharmacy Health Macrogol plus Electrolytes contains:

Macrogol 3350	13.125 g
Sodium chloride	350.7 mg
Sodium bicarbonate	178.5 mg
Potassium chloride	46.6 mg

The contents of one sachet are dissolved in 125 mL of water.

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

BEFORE YOU TAKE/GIVE PHARMACY HEALTH MACROGOL PLUS ELECTROLYTES

Do not take Pharmacy Health Macrogol plus Electrolytes if 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.

If you are pregnant or breast feeding, talk to your doctor before you take it.

OTHER MEDICATIONS

Laxative products such as Pharmacy Health Macrogol plus Electrolytes 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 commence or cease to take Pharmacy Health Macrogol plus Electrolytes regularly. It is important to discuss this with your doctor.

HOW TO TAKE PHARMACY HEALTH MACROGOL PLUS ELECTROLYTES

For use in adults and children 12 years and over.

Dose:

Constipation: 1 sachet a day, increasing to 2 or 3 sachets daily if necessary.

Faecal Impaction as diagnosed by your doctor: 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.

Pharmacy Health Macrogol plus Electrolytes is not recommended for children under 12 years of age.

Directions for use:

Open the sachet and pour the contents into a glass. Add about 125 mL of water to the glass. Stir well until all the powder has dissolved and the solution is clear or slightly hazy, then drink it.

If you like, you can add a flavour such as orange squash to the drink.

If you are taking Pharmacy Health Macrogol plus Electrolytes for faecal impaction, it may be easier to dissolve 8 sachets in 1 litre of water.

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.

If you take too much Pharmacy Health Macrogol plus Electrolytes and get bad diarrhoea, stop taking Pharmacy Health Macrogol plus Electrolytes until the diarrhoea clears.

If constipation recurs or if you are worried, talk to your doctor or pharmacist.

SIDE EFFECTS

Pharmacy Health Macrogol plus Electrolytes helps most people with constipation or faecal impaction but it may have unwanted side effects in a few people. All medications have side effects. Sometimes they are serious, most of the time they are not.

After taking Pharmacy Health Macrogol plus Electrolytes, some people have indigestion, stomach ache or rumbles. You may also feel bloated, suffer from wind, feel sick or vomit, or may also experience soreness of the anus (bottom). You may have diarrhoea especially when starting to take Pharmacy Health Macrogol plus Electrolytes. Diarrhoea generally gets better if you reduce the amount of Pharmacy Health Macrogol plus Electrolytes 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 Pharmacy Health Macrogol plus Electrolytes is causing you any problem.

Tell your doctor immediately and stop taking Pharmacy Health Macrogol plus Electrolytes if you:

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

Tell your doctor or pharmacist if you think Pharmacy Health Macrogol plus Electrolytes is causing you any problem.

AFTER TAKING PHARMACY HEALTH MACROGOL PLUS ELECTROLYTES

Store Pharmacy Health Macrogol plus Electrolytes at or below 25°C.

Do not use after the expiry date on the label.

Once you have made up Pharmacy Health Macrogol plus Electrolytes in water, keep it covered and in the fridge (2 – 8 °C). Throw away any solution not used within a six-hour period.

Keep all medicines away from children.

PRODUCT DESCRIPTION

Pharmacy Health Macrogol plus Electrolytes is a white, crystalline powder in single dose sachets.

Each sachet of contains	
Macrogol 3350	13.125 g
Sodium chloride	350.7 mg
Sodium bicarbonate	178.5 mg
Potassium chloride	46.6 mg

It also contains acesulfame potassium as a sweetener, and a lemon flavour.

There are 30 sachets in a box. Each sachet contains 13.72 g of powder.

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