

Laxido[®]

Orange

Patient Guide



Your treatment

You have been prescribed Laxido Orange, a laxative used for the treatment of constipation. It is also used to treat a build up of hard faeces in your bowel which may be a result of long-term constipation (this is known as faecal impaction).

This medicine should be taken as directed by your doctor or pharmacist.

This leaflet has been developed to provide you with additional information about your condition and how Laxido Orange works to relieve your symptoms.



It is also important that you read the patient information leaflet enclosed in your pack of Laxido Orange as it provides important information about your medicine.

Why have I been prescribed Laxido Orange?

You have been prescribed Laxido Orange as you have been diagnosed as having constipation.

Constipation is when a person goes to the toilet less often than they usually would. It can also be when a person finds it difficult to pass a motion.

The electrolytes in Laxido Orange help to maintain your body's normal levels of sodium and potassium while you are being treated for constipation.

How does Laxido Orange work?

Laxido Orange works by making your faeces softer and easier to pass, giving you relief from constipation.

The electrolytes in Laxido Orange help to maintain your body's normal levels of sodium and potassium while you are being treated for constipation.

What are the symptoms of constipation?

Some symptoms of constipation include:

- Fewer bowel motions than usual
- Having to strain to pass a motion
- Pain when passing a motion
- Passing motions that are dry and hard
- A feeling of incomplete bowel emptying

Will it cause any side effects?

Like all medicines, Laxido Orange can cause side effects, although not everybody gets them.

If you experience any of the following side effects, stop taking Laxido Orange and see your doctor immediately:

- Signs of an allergy, such as a rash, itching or shortness of breath
- Signs of a change in your body's fluid or electrolyte levels, such as swelling (mainly in the ankles), feeling tired, dehydration or increased thirst with headache

The following side effects are also possible:

- Abdominal pain
- Mild diarrhoea
- Nausea
- Vomiting
- Stomach rumbling
- Swelling of your abdomen
- Feeling bloated
- Suffering from wind
- Indigestion
- Soreness of the anus (bottom)

How much should I take?

Laxido Orange should be taken orally. It should be made up by dissolving the contents of one sachet in a glass of water (125ml or a quarter pint). If you are being treated for faecal impaction, you can dissolve the contents of all eight sachets together in a large container (in one litre of water and refrigerate).

The refrigerated solution should be used within six hours. After six hours, any unused solution should be discarded.



Adults, children (aged 12 years and above) and the elderly:

The usual dose for constipation is one sachet taken one to three times daily. This course of treatment for constipation does not normally last longer than 2 weeks.

The usual dose for faecal impaction is eight sachets daily. All eight sachets must be taken within a six hour period. This course of treatment for faecal impaction does not normally last longer than 3 days.

If you have a heart condition, do not take more than two sachets (in 250ml of water) in any one hour.

Reporting of side effects:

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at www.mhra.gov.uk/yellowcard.

Side effects should also be reported to Galen Limited on 028 3833 4974 and select the customer services option, or e-mail customer.services@galen-pharma.com.

By reporting side effects you can help provide more information on the safety of this medicine.



What should I do if I take more than I should?

You may experience severe pains and swelling in your abdomen, or vomiting or diarrhoea. If this happens, contact your doctor or pharmacist.

Always take Laxido Orange exactly as your doctor or pharmacist has told you.

Practical self-help measures

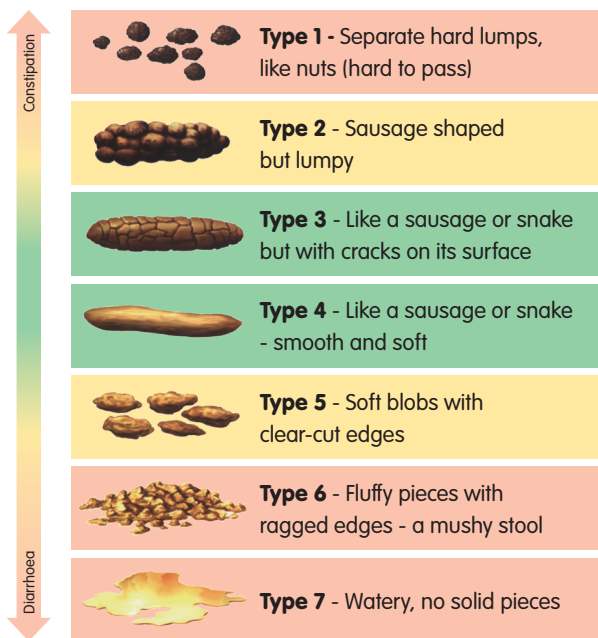
- Try to maintain a well balanced diet including plenty of fruit, vegetables and fibre. You should try to eat approximately 18-30g of fibre per day. Some foods which are high in fibre include:
 - All-Bran breakfast cereal
 - Baked beans (in tomato sauce)
 - Red kidney beans (boiled)
 - Avocado pears
- Exercise on a regular basis
- Always go to the toilet as soon as you feel the urge, do not postpone it
- Drink plenty of water
- Get yourself into a routine for going to the toilet

References

1. Heaton KW, et al. How bad are the symptoms and bowel dysfunction of patients with the irritable bowel syndrome? A prospective, controlled study with emphasis on stool form. *Gut* 1991; 32: 73-79.
2. Lewis SJ, Heaton KW. Stool form scale as a useful guide to intestinal transit time. *Scand J Gastroenterol* 1997; 32: 920-924.

This brochure was produced by Galen Limited as a service to medicine and is only intended for patients who have been prescribed Laxido Orange.

The Bristol Stool Form Scale



● Normal¹

● Abnormal¹

The Bristol Stool Form Scale was developed by researchers at the University of Bristol as a means to evaluate stool form and to identify whether there is a correlation between stool form and intestinal transit time.² It remains in use as a simple way for patients and physicians to identify stool form and abnormal bowel behaviour.

For further information on Laxido Orange please speak to your pharmacist or GP. Alternatively you can contact Galen Ltd. at the following address:



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