

SENNA 7.5 MG TABLETS

PATIENT INFORMATION LEAFLET

Please read this leaflet carefully before you take this medicine. Keep this leaflet you may need to read it again. If you find that you still have questions or are unsure about anything, ask your doctor or pharmacist.

What is in your medicine?

Each Senna 7.5 mg Tablet is made with natural senna and treated especially to yield a constant amount of active ingredient in each tablet (7.5 mg total sennosides, calculated as sennoside B). The tablets also contain maize starch, croscarmellose and magnesium stearate.

Senna 7.5 mg Tablets are available in packs of 20, 50, 60, 100, 200, 500 and 1000 Tablets.

The Product Licence Holder and manufacturer is:

Chanelle Medical., Loughrea, Co. Galway, Ireland.

UK Distributor

Chanelle Medical U.K. Ltd., Obeden Barn, Smarden, Kent TN27 8PR, UK

What is Senna?

In the raw state senna contains a variable quantity of the active ingredient (sennosides). However, the sennoside content of the senna used in the manufacture of Senna 7.5 mg Tablets is standardised to ensure you receive a constant amount of active ingredient and a predictable result from every dose.

What is your medicine for?

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.

Senna works by gently stimulating the bowel to encourage bowel movement for the relief of occasional or non-persistent constipation.

People's toilet routines and bowel habits tend to differ: for some, once a day is normal, whilst others may feel comfortable going three times a week. If your normal routine changes and you experience abdominal discomfort or a bloated feeling, it might be constipation.

There are many causes of constipation. It might be brought on by an unhealthy diet, especially one without enough fibre. It could be due to changes in lifestyle, often related to today's hectic pace of life. It can also be caused by illness or a reaction to medicines taken.

So, whenever you feel constipated, for whatever reason, Senna 7.5 mg Tablets provide gentle and predictable relief.

What do you need to know before taking this medicine?

As with all medicines, Senna 7.5 mg Tablets may not be suitable for some people.

If you have sharp or persistent stomach pain, or your abdomen is tender to the touch or hurts when you move, then do not take Senna 7.5 mg Tablets without consulting your doctor.

How should you take your medicine?

Adults and children over the age of 12 should take two tablets at night. Senna 7.5 mg Tablets usually act within 8-10 hours.

For children aged 6 to 12 years, your doctor should be consulted before Senna 7.5 mg Tablets are taken.

The product is not recommended for use in children under 6 years.

The tablets should be taken with a glass of water.

Unless your doctor has given you different instructions on how many Senna 7.5 mg Tablets to take, follow the advice given in this leaflet.

Make sure you do not exceed more than two tablets in any 24-hour period.

If you need to take Senna 7.5 mg Tablets every day, or abdominal pain persists, consult your doctor.

If you do not have a bowel movement after three days, consult your doctor.

What side-effects can occur with this medicine?

You may experience temporary mild stomach pains when changing dosage.

If you have any other symptoms after taking this product, tell your doctor or pharmacist.

What if you take too much of your medicine?

If you accidentally take too many Senna 7.5 mg Tablets, consult your doctor or pharmacist for advice.

How should you store your medicine?

The expiry date is stated on the label. "EXP" is short for expiry. Do not take your medicine after this date.

Keep Senna 7.5 mg Tablets out of the reach and sight of children.

Leaflet last revised Aug 2005