

## SENOKOT 7.5mg/5ml SYRUP:

Senokot 7.5mg/5ml Syrup is a reliably effective laxative made with Calcium Sennosides (senna) treated especially to yield a constant amount of active ingredient in each dose, to give predictable constipation relief.

## DIRECTIONS FOR USE:

Adults and children over 12: Take two 5ml spoonfuls at night. Children over 6: Take one 5ml spoonful in the morning. Children aged 6 and under: Consult your doctor. Senokot usually acts within 8-12 hours. Dose can be repeated on a daily basis until bowel action is restored, but if there is no bowel movement within three days of use, consult your doctor.

## INGREDIENTS:

A 5ml spoonful contains calcium sennosides equivalent to 7.5mg total sennosides (calculated as sennosides B) in a fruit flavoured base. Other ingredients include methyl parahydroxybenzoate (E218) and propyl parahydroxybenzoate (E216), potassium sorbate (E202) and maltitol liquid (E965). Also contains small amounts of alcohol. See leaflet for further information. Note that if you are a diabetic each 5ml contains 3.2 kcal. Sugar free.

## BEFORE TAKING SENOKOT 7.5mg/5ml SYRUP

As with all medicines, Senokot 7.5mg/5ml Syrup 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, do not take Senokot 7.5mg/5ml Syrup without consulting your doctor.

If you notice a recent change in your bowel habit (persistent constipation or diarrhoea) or any other symptoms such as bleeding or a feeling of incomplete evacuation see your doctor before taking Senokot.

This medicinal product contains methyl parahydroxybenzoate (E218) and propyl parahydroxybenzoate (E216), which may cause allergic reactions (possibly delayed).

If you have been told by your doctor that you have an intolerance to some sugars, consult your doctor before taking this product.

Do not take if you are allergic to any of the

ingredients.

Note that if you are a diabetic each 5ml contains 3.2kcal.

This medicinal product contains potassium, less than 1mmol (39mg) per 5ml dose, ie essentially "potassium free".

## HOW SHOULD I USE SENOKOT 7.5mg/5ml SYRUP?

Adults, including the elderly and children over 12 years old, should take two 5ml spoonfuls of syrup at bed time.

Children aged over 6 years should be given one 5ml spoonful in the morning.

Do not give Senokot 7.5mg/5ml Syrup to children under 6 years old. Consult your doctor for advice.

If you need to take laxatives every day, or abdominal pain persists, consult your doctor. If you do not have a bowel movement after three days, consult your doctor.

If you accidentally take too much Senokot 7.5mg/5ml Syrup, consult your doctor or pharmacist for advice.

## WHAT SIDE-EFFECTS MAY OCCUR?

You may experience temporary mild griping pains during change in dosage.

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

## STORAGE

Do not use after the expiry date shown on the pack (EXP month/year).

Do not store above 25°C. Do not freeze.

Keep safely out of reach and sight of children.

Senokot,  and the "leaf tick" device are trade marks.

Date of preparation: 07/2006

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240mm

57mm

57mm

57mm

57mm

12mm

## SENOKOT 7.5mg/5ml SYRUP CALCIUM SENNOSIDES PATIENT INFORMATION LEAFLET WHAT YOU SHOULD KNOW ABOUT SENOKOT 7.5mg/5ml SYRUP

**PLEASE READ THIS LEAFLET CAREFULLY  
BEFORE YOU TAKE THIS MEDICINE.**

**IF YOU FIND THAT YOU STILL HAVE QUESTIONS  
OR ARE UNSURE ABOUT ANYTHING, ASK YOUR  
DOCTOR OR PHARMACIST.**

### WHAT IS SENOKOT 7.5mg/5ml SYRUP?

Each 5ml spoonful of Senokot 7.5mg/5ml Syrup contains calcium sennosides equivalent to 7.5mg total sennosides (calculated as sennoside B). The syrup also contains potassium sorbate (E202),

methyl parahydroxybenzoate (E218) and propyl parahydroxybenzoate (E216), maltitol liquid (E965), xanthan gum, antifoam (Medical C) emulsion, prune flavour, citric acid anhydrous and purified water. This medicinal product contains small amounts of ethanol (alcohol), less than 100mg per dose.

Senokot 7.5mg/5ml Syrup is sugar free.

Senna is obtained from the seed pods of the senna plant. It works by gently stimulating the bowel to encourage bowel movement for the relief of occasional or non-persistent constipation. In the raw state senna contains a variable quantity of sennosides. However, the sennosides used in the manufacture of Senokot 7.5mg/5ml Syrup is standardised to ensure you receive a constant amount of active ingredient and a predictable result from every dose.

Manufacturer: Reckitt Benckiser Healthcare (UK) Ltd., Dansom Lane, Hull, HU8 7DS, United Kingdom. M.A. Holder in the United Kingdom: Reckitt Benckiser Healthcare (UK) Ltd., Dansom Lane, Hull, HU8 7DS, United Kingdom.

P.A. Holder in Ireland: Reckitt Benckiser Ireland Ltd., Pharmapark, Chapelizod, Dublin 20, Ireland.

### WHY SHOULD I TAKE SENOKOT 7.5mg/5ml SYRUP?

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.

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, Senokot 7.5mg/5ml Syrup provides gentle and predictable relief.

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