NORMACOL® Plus Patient Information

What is NORMACOL Plus and what is it used for?

NORMACOL Plus is a product for the treatment of constipation.

NORMACOL Plus contains sterculia (also called karaya gum) and frangula bark powder. Sterculia is a natural fibre that swells up after contact with fluid. It is not fermented by bacteria in the gut. Frangula bark is a traditional herbal laxative.

Do not take NORMACOL Plus if:

- You have a blockage in your bowel (gut)
- You have a total loss of muscle tone in the bowel
- You have faecal impaction
- You are allergic to any of the ingredients
- You have abdominal pain, nausea, or vomiting.

Pregnancy and Breast-feeding

NORMACOL Plus should NOT be used if you are pregnant or breast feeding.

Possible Side effects

Like all medicines, NORMACOL Plus can cause side effects, but not everyone will get them. Possible side effects include:

- Allergic reactions
- Blockage of the bowel or oesophagus
- Swollen stomach
- Wind
- Abdominal cramps

Directions for use

1. Place the dry granules in your mouth, in small quantities if necessary.
2. Swallow the granules with plenty of water or other cool fluid, so that the oesophagus (gullet) does not become blocked. **Do not take NORMACOL Plus just before going to bed or lying down.** Do not chew or crush the granules.

Dosage:

Adults: Take 1-2 heaped 5 mL measuring spoonsful once or twice daily after meals, or as directed.

Children (6-12 years): Only on the advice of your doctor.

If you do not have a bowel movement after taking NORMACOL Plus for 4 days, stop taking it and seek medical advice.
What does NORMACOL Plus contain?

The granules contain 62% sterculia and 8% frangula bark powder. The other ingredients (present in the coating) are sucrose (sugar), sodium bicarbonate, purified talc, hard paraffin, peppermint flavour, and the colours erythrosine, indigo carmine, and sunset yellow FCF.

NORMACOL Plus is gluten free.

Each heaped medicinal spoonful of NORMACOL Plus contains approximately 4.0 grams of dietary fibre, and 1.7 grams of sucrose, with a calorific value of 7 Calories.

NORMACOL Plus is supplied as a 200 g or 500 g pack, containing brown granules. It is available over the counter at pharmacies.

AUST R 18655

Always read the label.

*Use only as directed and if symptoms persist see your healthcare professional.*