

NORMAFIBE® Patient Information

What is NORMAFIBE and what is it used for?

NORMAFIBE is a fibre supplement used to maintain regular bowel movements. It can also assist in the management of medically diagnosed irritable bowel syndrome.

NORMAFIBE contains sterculia (also called karaya gum), a natural fibre product. Sterculia swells up after contact with fluid. It is not fermented by bacteria in the gut.

Do not take NORMAFIBE 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

Pregnancy and Breast-feeding

NORMAFIBE can be used if you are pregnant or breast feeding.

Possible Side effects

Like all medicines, NORMAFIBE 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

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 NORMAFIBE 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): Take as directed by your doctor or pharmacist.

If you do not have a bowel movement after taking NORMAFIBE for 4 days, stop taking it and seek medical advice.

What does NORMAFIBE contain?

The active ingredient is sterculia. The granules contain 62% sterculia. The other ingredients (present in the coating) are sodium bicarbonate, sucrose (sugar), talc, titanium dioxide, hard paraffin, and vanillin. NORMAFIBE is gluten free.

NORMAFIBE is supplied as a 500 g pack, containing white granules. It is available over the counter at pharmacies.

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Always read the label.

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