



# MOVICOL<sup>®</sup>

## Ready To Take

### Oral Solution

Please read this leaflet carefully before taking your medicine.

If you have any questions or are not sure about anything, ask your doctor or pharmacist.

#### What is this medicine?

The name of this medicine is MOVICOL Ready To Take. Each 25 mL sachet contains:

Macrogol 3350	13.125 g
Sodium chloride	350.8 mg
Sodium bicarbonate	178.6 mg
Potassium chloride	50.2 mg

Contains sucralose (E955). Each 25 mL sachet contains 187 mg of sodium and 26 mg of potassium.

Also contains purified water and strawberry banana flavouring which contains natural flavouring substances, flavouring preparations (including celery oil) and propylene glycol.

#### What is MOVICOL Ready To Take used for?

This medicine helps you to have a comfortable bowel movement even if you have been constipated for a long time.

MOVICOL Ready To Take is for use in adults and children 12 years of age or over.

#### Before you take MOVICOL Ready To Take

Do not take MOVICOL Ready To Take if your doctor has told you that you have:

- an obstruction in your intestine (gut)
- a perforated gut wall
- severe inflammatory bowel disease, like ulcerative colitis, Crohn's disease, or toxic megacolon
- paralysis of the bowel
- an allergy to macrogol or any of the ingredients

If you have a heart condition you should not take more than two sachets of MOVICOL Ready To Take in any one hour.

MOVICOL Ready To Take is for use in adults and children 12 years of age or over. Other MOVICOL products are available for use in children under 12 years.

#### Pregnancy and breast feeding

If you are pregnant, or likely to become pregnant, talk to your doctor before you take MOVICOL Ready To Take.

MOVICOL Ready To Take can be taken while breast feeding.

#### Other Medications

Laxative products such as MOVICOL Ready To Take have the potential to interact with other medications, by altering their absorption. Close monitoring of the effects of your medications may be necessary when you start or stop taking MOVICOL Ready To Take regularly. It is important that you should discuss this with your doctor.

If you need to thicken fluids in order to swallow them safely, MOVICOL Ready To Take may counteract the effect of the thickener.

#### How to take MOVICOL Ready To Take

Adults and Children over 12 years of age.

This medicine can be taken at any time with or without food or drink.

Drink MOVICOL Ready To Take directly from the sachet. There is no need to dilute it with water.

It is recommended that you drink a glass of water or other fluid after you take MOVICOL Ready To Take. When taking MOVICOL Ready To Take you should continue to take plenty of fluids. The fluid content of MOVICOL Ready To Take should not replace your regular liquid intake.

#### Constipation:

The recommended dose is one sachet daily.

This can be increased to 2 or 3 sachets daily if necessary. If extended treatment is required for constipation, do not exceed the maximum recommended dose of 3 sachets daily.

If you take too much MOVICOL Ready To Take and get bad diarrhoea, stop taking MOVICOL Ready To Take until the diarrhoea stops. If constipation returns, you should check with your doctor or pharmacist. If you are worried, contact your doctor or pharmacist.

#### General Recommendations when taking Laxatives

Drink plenty of water. Increase fibre in the diet, except in cases of medication-induced constipation. Prolonged use of laxatives is undesirable and may lead to dependence. In some circumstances, prolonged use may be necessary but should only be under medical supervision

**What about side effects?**

Like all medicines, MOVICOL Ready To Take can have side effects. Sometimes people have indigestion, stomach ache or rumbles. You may also feel bloated, suffer from wind, feel sick or vomit, may also experience soreness of the anus (bottom) and may have mild diarrhoea when starting to take MOVICOL Ready To Take. Diarrhoea generally gets better if you reduce the amount of MOVICOL Ready To Take you take. If necessary, discuss reducing the dose with your doctor or pharmacist. Other side effects include allergic reactions which may cause a skin rash, itching, reddening of the skin or a nettle rash. Tell your doctor or pharmacist if you think MOVICOL Ready To Take is causing you any problem.

Tell your doctor immediately and stop taking MOVICOL Ready To Take if you:

- Get a serious allergic reaction which causes difficulty in breathing, or swelling of the face, lips, tongue or throat.
- If you feel weak, breathless, very thirsty with a headache, or get puffy ankles.

**How to store MOVICOL Ready To Take**

Store the sachets below 30°C. Do not refrigerate or freeze. Do not use MOVICOL Ready To Take after the expiry date stated on the sachet and carton. The expiry date refers to the last day of that month.

Keep out of reach of children.

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