

FYBOGEL HI-FIBRE LEMON

Ispaghula Husk

PATIENT INFORMATION LEAFLET



Read this leaflet carefully because it contains important information for you.

This medicine is available without prescription. However, you still need to take Fybogel Hi-Fibre Lemon carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- **You must contact a doctor if your symptoms worsen or do not improve after 3 days.**
- If any of the side effects get serious or if you notice any side effect not listed in this leaflet, please tell your doctor or pharmacist.

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1. What Fybogel Hi-Fibre Lemon is and what it is used for

Fybogel Hi-Fibre Lemon contains the active substance Ispaghula Husk. It is an easy and convenient way to increase the fibre in your diet helping your digestive system work more efficiently and gently relieving constipation the natural way. As it works naturally with your body, it takes care of constipation without undue straining, discomfort or unnatural urgency, helping to restore and maintain regularity.

Fybogel Hi-Fibre Lemon can be used whenever increased fibre is needed in your diet to relieve constipation; including constipation during pregnancy. It can also be used to help maintain normal bowel function if you suffer from haemorrhoids (piles).

2. What you need to know before you take Fybogel Hi-Fibre Lemon

Do not take if:

- you are allergic to Ispaghula husk or any of the other ingredients (see section 6)
- you are suffering from a blockage of the bowel (intestinal obstruction, faecal impaction)
- if you have a weakness of the bowel wall (colonic atony)
- the speed in which material moves through your gut has always been slow (naturally occurring reduced gut motility).
- you are taking any medicines which may cause constipation (e.g. codeine or morphine).

If your doctor, pharmacist or nurse if:

- you have phenylketonuria (an inherited genetic disorder) as this product contains aspartame, a source of phenylalanine.
- your symptoms worsen or do not improve after 3 days.

Other medicines and Fybogel Hi-Fibre Lemon :

You must not take this medicine if you are taking other medicines which may cause constipation (e.g. codeine or morphine).

Pregnancy and breast-feeding :

This medicine may be used during pregnancy and breast-feeding.

Fybogel Hi-Fibre Lemon contains aspartame

If you have phenylketonuria (an inherited genetic disorder), please note that this product contains aspartame, a source of phenylalanine.

3. How to take Fybogel Hi-Fibre Lemon

For oral use.

Fill a glass with approximately 150 ml (¼ pt) cold water. Pour in the required amount (see dosage below). Stir well and drink straight away.

Do not take without water.

Adults and children over 12 years: Take one sachet in the morning and one in the evening, preferably after meals

Children aged 6 to 12 years: Take half to one level 5 ml spoonful depending on size and age, morning and evening, preferably after meals.

If symptoms worsen or if there is no bowel movement after 3 days of treatment, consult a doctor.

If you take more Fybogel Hi-Fibre Lemon than you should

Do not take more than directed. If you accidentally take more than you should, drink plenty of water.

If you forget to take Fybogel Hi-Fibre Lemon

If a dose is missed, do not take a double dose; just carry on with the next recommended dose when it is due.

4. Possible side effects

Like all medicines, this medicine can cause side effects, although not everybody gets them.

Due to the increased fibre intake of your diet, you may experience wind (flatulence) and bloating during the first few days of taking Fybogel Hi-Fibre Lemon. These effects should lessen as you continue treatment. If you find these symptoms highly troublesome, you can just take one dose for a few days.

If you notice any other side effects, talk to your doctor or pharmacist.

Also you can help to make sure that medicines remain as safe as possible by reporting any unwanted side effects via the internet at www.mhra.gov.uk/yellowcard.

Alternatively you can call Freephone 0808 100 3352 (available from 10 a.m. to 2 p.m. Mondays to Fridays) or fill in a paper form available from your local pharmacy.

5. How to store Fybogel Hi-Fibre Lemon

Keep this medicine out of the sight and reach of children.

Store below 30°C in a dry place.

Do not use after the expiry date stated on the carton.

6. Contents of the pack and other information

What Fybogel Hi-Fibre Lemon contains


Each single dose sachet contains 3.5 g Ispaghula Husk. Other ingredients are potassium bicarbonate, sodium bicarbonate, citric acid, riboflavine sodium phosphate, aspartame (E951), lemon flavour, saccharin sodium, polysorbate 80 and silica colloidal anhydrous.

Marketing Authorization Holder and Manufacturer

Reckitt Benckiser Healthcare (UK) Limited, Hull, HU8 7DS

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