

**SENOKOT TABLETS**  
Senna pods  
**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 Senokot tablets 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.

**In this leaflet:**

1. What Senokot Tablets is and what it is used for
2. Before taking Senokot Tablets
3. How to take Senokot Tablets
4. Possible side effects
5. How to store Senokot Tablets
6. Further information

**1. What Senokot Tablets is and what it is used for**

Senokot is used for the short term relief of occasional constipation.  
This medicine does not help with weight loss.

**2. Before taking Senokot Tablets**

**Do not take if you:**

- are allergic to any of the ingredients (for a full list of ingredients, see section 6)
- have blockage or narrowing of the gastro-intestinal tract or bowel (ileus, intestinal obstruction or stenosis)
- have paralysis or a lack of muscle tone in the bowel (atony)
- have appendicitis, inflammatory bowel disease such as Crohn's disease or ulcerative colitis.
- have severe dehydration
- have persistent or undiagnosed abdominal complaints e.g. pain, nausea, or vomiting
- have faecal impaction or rectal bleeding for which you don't know the cause, or blood in your stools
- have already taken a laxative and are still constipated
- have had a sudden change in bowel habit that has lasted for more than 2 weeks
- are pregnant or breast-feeding
- have kidney or heart failure
- are under 12 years of age unless advised by a medical professional

**Tell your doctor, pharmacist or nurse if:**

- you suffer from kidney disorders

- you are taking medicines for a heart condition (e.g. cardiac glycosides, antiarrhythmic medicines e.g. quinidine), medicines inducing QT prolongation, diuretics, adrenocorticosteroids or liquorice root preparations.
- you have been told you have an intolerance to some sugars because this medicine also contains lactose monohydrate (15.82mg per tablet)

When administering this product to incontinent adults, pads should be changed more frequently to prevent extended skin contact with faeces.

It is recommended to use changes in diet and bulk forming medicines to control constipation before using this medicine.

### **Taking other medicines**

You should consult your doctor or pharmacist for advice if you are taking or have recently taken any other medicines, including those listed above and any medicines obtained without a prescription.

## **3. How to take Senokot Tablets**

**Adults, the elderly and children over 12 years:** swallow one to two tablets at night

**Children over 6 years:** Not recommended unless advised by a medical professional.

**Children 6 years and under:** Not recommended

### **Do not exceed the stated dose**

New users should start with the lowest dose and increase it to the maximum dose if necessary. Once regularity has been regained dosage should be reduced and can usually be stopped.

### **Duration of use**

Normally it is sufficient to take this medicinal product up to two to three times a week.

Use for more than 1 – 2 weeks requires medical supervision.

Tell a doctor, pharmacist or nurse if:

- the symptoms worsen, or persist during the use of the medicinal product
- there is no bowel movement within 3 days of use
- you need to take laxatives every day or if abdominal pain persists.

### **If you take too many tablets:**

Consult your doctor and take this leaflet with you.

It may be harmful to take too much of this medicine or take it for too long. This is because it may lead to:

- A 'lazy bowel', where the muscle in the bowel becomes too relaxed. This means that bowel emptying happens less often. This can lead to long-term constipation.
- Imbalance of fluids and salts in the body. This can affect the tightness of muscles such as those in the bowel. It can also affect the salts in the blood.
- Low levels of potassium in the blood (called hypo-kalaemia). This can make you tired, dizzy, make your muscles weak and cause an uneven heart-beat.
- Dehydration, making you thirsty, feel faint and giving you headaches. It can also mean that you cannot pass enough urine.

### **If you miss a dose:**

If you miss a dose, take your next dose at the usual time. Do not take two doses at the same time to make up for the missed dose.

Always consult your doctor if you need further advice.

#### **4. Possible side effects**

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

If any of the following or other side effects occur, stop taking this medicine and consult a doctor or pharmacist:

- abdominal pain, spasms and diarrhoea, in particular these effects may be experienced by patients with irritable colon. In these cases, a reduction in dose may be necessary.
- hypersensitivity (allergic) reactions, hives (skin bumps), skin itchiness or local or more widespread rash, or asthma.
- can make you more likely to catch infections.
- chronic use may lead to albuminuria and haematuria which is albumin or red blood cells in the urine.
- yellow or red-brown discolouration of urine may occur, which is harmless
- chronic use may cause pigmentation of the gastrointestinal tract which usually recedes when the product is no longer taken.
- low potassium levels in the blood leading to muscle weakness and/or cramps
- severe weight loss
- changes in the shape of the finger and fingernail, muscular spasms and inflammation of bones and joints

The frequency is not known.

#### **Reporting of side effects**

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the Yellow Card Scheme at: [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard)

By reporting side effects you can help provide more information on the safety of this medicine.

#### **5. How to store Senokot Tablets**

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

Store below 25°C. Store in the original package.

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

Return any unused medicine to your pharmacist for safe disposal.

#### **6. Further information**

Each tablet contains powdered Alexandrian Senna fruit (pods) (*Cassia senna* L. (*C. acutifolia* Delile)) and Tinnevely Senna fruit (pods) (*Cassia angustifolia* Vahl) equivalent to 7.5mg hydroxyanthracene glycosides, calculated as sennoside B.

This medicine also contains: calcium phosphate, maize starch, magnesium stearate and lactose monohydrate.

Senokot Tablets are available in blister packs in pack sizes of 6, 8, 10, 12, 20, 40, 60, 80 and 100 tablets and in containers in pack sizes of 50, 100, 200, 500 or 1000 tablets. Not all pack sizes may be marketed.

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Limited, Hull, HU8 7DS  
PL 00063/5000R



**Dispensing pack**

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**1. What Senokot Tablets are and what they are used for**

Senokot is used for the short term relief of occasional constipation. This medicine does not help weight loss.

**2. Before taking Senokot Tablets**

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- have faecal impaction or rectal bleeding for which you don't know the cause, or blood in your stools
- have already taken a laxative and are still constipated
- have had a sudden change in bowel habit that has lasted for more than 2 weeks
- are pregnant or breast-feeding
- have heart or kidney failure

**Tell your doctor, pharmacist or nurse if:**

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**3. How to take Senokot Tablets**

**Adults, the elderly and children over 12 years:** Swallow one to two tablets at night

**Children over 6 years:** Under the guidance of a medical professional, one to two tablets at night

**Children 6 years and under:** Not recommended

New users should start with the lowest dose and increase it to the maximum dose for each age group if necessary. Once regularity has been regained dosage should be reduced and can usually be stopped.

**Do not exceed the stated dose**

**Duration of use**

Normally it is sufficient to take this medicinal product up to two to three times a week.

Consult your doctor if no bowel action has occurred after three days, if laxatives are needed every day or if abdominal pain persists.

Use for more than 1 – 2 weeks requires medical supervision.

If the symptoms worsen or persist during the use of the medicinal product, a doctor or a pharmacist should be consulted.

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- Imbalance of fluids and salts in the body. This can affect the tightness of muscles such as those in the bowel. It can also affect the salts in the blood.
- Low levels of potassium in the blood (called hypo-kalaemia). This can make you tired, dizzy, make your muscles weak and cause an uneven heart-beat.
- Dehydration, making you thirsty, feel faint and giving you headaches. It can also mean that you cannot pass enough urine.

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Leaflet last revised 11<sup>th</sup> August 2015

Senokot is a trademark.