

APOHEALTH Picosulfate Prep

Consumer Medicine Information (CMI) summary

The [full CMI](#) on the next page has more details. If you are worried about using this medicine, speak to your doctor or pharmacist.

WARNING: Important safety information is provided in a boxed warning in the [full CMI](#). Read before using this medicine. Life threatening dehydration and/or electrolyte disturbances may occur in some people. Read the section with the heading "Before you take APOHEALTH Picosulfate Prep".

1. Why am I using APOHEALTH Picosulfate Prep?

APOHEALTH Picosulfate Prep contains the active ingredients: sodium picosulfate, magnesium oxide heavy and citric acid. APOHEALTH Picosulfate Prep is used for clearance of the bowel before examination by x-ray, endoscopy or surgery. For more information, see Section [1. Why am I using APOHEALTH Picosulfate Prep?](#) in the full CMI.

2. What should I know before I use APOHEALTH Picosulfate Prep?

Do not use if you have ever had an allergic reaction to APOHEALTH Picosulfate Prep or any of the ingredients listed at the end of the CMI.

Talk to your doctor or pharmacist if you have any other medical conditions, take any other medicines, or are pregnant or plan to become pregnant or are breastfeeding.

For more information, see Section [2. What should I know before I use APOHEALTH Picosulfate Prep](#) in the full CMI.

3. What if I am taking other medicines?

Some medicines may interfere with APOHEALTH Picosulfate Prep and affect how it works. A list of these medicines is in Section [3. What if I am taking other medicines?](#) in the full CMI.

4. How do I use APOHEALTH Picosulfate Prep?

Follow all directions given to you by your doctor or pharmacist carefully. The timing of each dose can vary and may depend on the time of the examination. The sachets must be made up in water before drinking. More instructions can be found in Section [4. How do I use APOHEALTH Picosulfate Prep?](#) in the full CMI.

5. What should I know while using APOHEALTH Picosulfate Prep?

Things you should do	<ul style="list-style-type: none">Remind any doctor, dentist or pharmacist you visit that you are using APOHEALTH Picosulfate Prep.In order to replace the fluid lost from the body, it is important to drink plenty of clear fluids whilst the effects of APOHEALTH Picosulfate Prep persist. In general you should try to drink at least 250 mL (approximately one large glass) of clear fluid every hour during the treatment day/days.
Things you should not do	<ul style="list-style-type: none">Do not take APOHEALTH Picosulfate Prep to treat any other complaints unless your doctor tells you to.
Driving or using machines	<ul style="list-style-type: none">Be careful before you drive or use any machines or tools until you know how APOHEALTH Picosulfate Prep affects you.
Drinking alcohol	<ul style="list-style-type: none">Tell your doctor or pharmacist if you drink alcohol.
Looking after your medicine	<ul style="list-style-type: none">Keep this medicine in a cool dry place where the temperature stays below 30°C.Keep this medicine in the pack until it is time to take it. If you open the sachets too soon the powder may not keep well.

For more information, see Section [5. What should I know while using APOHEALTH Picosulfate Prep?](#) in the full CMI.

6. Are there any side effects?

Tell your doctor or pharmacist as soon as possible if you do not feel well while you are taking APOHEALTH Picosulfate Prep or if you experience one or more of these side effects: headache, tiredness, nausea, vomiting, griping, sore anus, severe diarrhoea, allergic reactions, rash, convulsions or mild ulcers in the small bowel. You may need medical attention. For more information, including what to do if you have any side effects, see Section [6. Are there any side effects?](#) in the full CMI.

WARNING: Life threatening dehydration and/or electrolyte disturbances may occur in some people. Read the section with the heading "Before you take APOHEALTH Picosulfate Prep".

APOHEALTH Picosulfate Prep

Active ingredients: *sodium picosulfate, heavy magnesium oxide and citric acid*

Consumer Medicine Information (CMI)

This leaflet provides important information about using APOHEALTH Picosulfate Prep. **You should also speak to your doctor or pharmacist if you would like further information or if you have any concerns or questions about using APOHEALTH Picosulfate Prep.**

Where to find information in this leaflet:

- [1. Why am I using APOHEALTH Picosulfate Prep?](#)
- [2. What should I know before I use APOHEALTH Picosulfate Prep?](#)
- [3. What if I am taking other medicines?](#)
- [4. How do I use APOHEALTH Picosulfate Prep?](#)
- [5. What should I know while using APOHEALTH Picosulfate Prep?](#)
- [6. Are there any side effects?](#)
- [7. Product details](#)

1. Why am I using APOHEALTH Picosulfate Prep?

APOHEALTH Picosulfate Prep contains the active ingredients: sodium picosulfate, magnesium oxide heavy and citric acid.

APOHEALTH Picosulfate Prep is used for clearance of the bowel before examination by x-ray, endoscopy or surgery. APOHEALTH Picosulfate Prep produces a watery stool or bowel motion which empties and cleans the bowel before the procedure.

Each dose of APOHEALTH Picosulfate Prep usually produces a bowel movement within 2 to 3 hours, depending on your individual response.

2. What should I know before I use APOHEALTH Picosulfate Prep?

Warnings

APOHEALTH Picosulfate Prep is not to be used as a routine laxative.

APOHEALTH Picosulfate Prep is not for use in children under 9 years of age.

Do not use APOHEALTH Picosulfate Prep if:

- you are allergic to sodium picosulfate, magnesium oxide and citric acid, or any of the ingredients listed at the end of this leaflet. Always check the ingredients to make sure you can use this medicine.

Some of the symptoms of an allergic reaction may include:

- shortness of breath
- wheezing or difficulty breathing
- swelling of the face, lips, tongue or other parts of the body
- rash, itching or hives on the skin.

Do not take APOHEALTH Picosulfate Prep if you are suffering from:

- heart failure
- perforation of the stomach or stomach obstruction
- delayed emptying of stomach contents into the small intestine
- holes in the lining of the stomach
- damage to the entire thickness of the intestinal wall
- severe distension in the colon
- blockage in the bowel
- nausea and vomiting
- inflammation of the appendix
- severe dehydration
- muscle damage causing muscle pains, vomiting, confusion
- high magnesium levels
- active inflammatory bowel disease
- severe kidney disease
- undiagnosed abdominal symptoms.

Check with your doctor or pharmacist if you have any other medical conditions:

- recent gastrointestinal surgery
- kidney problems
- heart problems
- inflammatory bowel disease
- electrolyte disturbances
- diabetes

Tell your doctor if you are on potassium restricted diet.

APOHEALTH Picosulfate Prep contains 282.9 mg potassium per sachet. This should be taken into consideration if you have reduced kidney function or you are on a controlled potassium diet.

During treatment, you may be at risk of developing certain side effects. It is important you understand these risks and

how to monitor for them. See additional information under Section [6. Are there any side effects?](#)

Do not take APOHEALTH Picosulfate Prep after the expiry date printed on the pack or if the packaging is torn or shows signs of tampering.

Pregnancy and breastfeeding

Tell your doctor if you are pregnant or plan to become pregnant or are breastfeeding.

Your doctor can discuss with you the risks and benefits involved.

If you have not told your doctor about any of the above, tell him/her before you start taking the product.

3. What if I am taking other medicines?

Tell your doctor or pharmacist if you are taking any other medicines, including any medicines, vitamins or supplements that you buy without a prescription from your pharmacy, supermarket or health food shop.

Some medicines may interfere with APOHEALTH Picosulfate Prep.

These include:

- birth control medications (oral contraceptives)
- medicines used to treat infections (antibiotics)
- medicines used to help the kidneys get rid of salt and water by increasing the amount of urine produced (diuretics)
- corticosteroids
- medicines used to treat depression (antidepressants) or psychosis (antipsychotics)
- bulk-forming laxatives
- iron supplements
- medicines used to treat heart failure and the associated symptoms of shortness of breath when lying flat (e.g digoxin)
- medicines used to treat epilepsy (anti-epileptics)
- medicines used to treat diabetes
- medicines such as ibuprofen, used to treat pain and inflammation (NSAIDs)
- penicillamine.

These medicines may be affected by APOHEALTH Picosulfate Prep or may affect how it works.

APOHEALTH Picosulfate Prep may prevent absorption of oral medication taken within one hour of its administration.

Check with your doctor or pharmacist if you are not sure about what medicines, vitamins or supplements you are taking and if these affect APOHEALTH Picosulfate Prep.

4. How do I use APOHEALTH Picosulfate Prep?

How much to take

The success of your examination depends on the bowel being as clear as possible. Otherwise, the examination may need to be repeated. **Follow all instructions given to you by your doctor or pharmacist carefully.**

They may differ from the information contained in this leaflet.

For full instructions on how to use APOHEALTH Picosulfate Prep, please refer to the 'Patient Information Leaflet' enclosed with APOHEALTH Picosulfate Prep.

- **If you have been provided different instructions for using this medicine from your doctor or a clinic, you should follow those instructions.**
- If you have not been provided any instructions by your doctor, or you are not sure which regimen to use, speak to your pharmacist or doctor before using this medicine.

Adults and children 9 years and over

- For adults and children 9 years and over, the usual dose of APOHEALTH Picosulfate Prep is two sachets.
- Do not exceed the recommended dosage.

When to take APOHEALTH Picosulfate Prep

For full instructions on when to use APOHEALTH Picosulfate Prep, please refer to the 'Patient Information Leaflet' enclosed with APOHEALTH Picosulfate Prep.

- The timing of each dose can vary and may depend on the time of your examination.
- The contents of each sachet may be taken several hours apart on the day before the examination (DAY BEFORE regimen) or over two days (SPLIT-DOSE regimen).
- **In some circumstances, your doctor may choose to modify these dose instructions. Follow the doctor's instructions carefully.**
- On the day before the procedure, stop solid foods at the time instructed by your doctor. Thereafter, drink only clear liquids. **DO NOT DRINK JUST WATER ALONE**

Here are some examples of clear liquids your doctor may recommend:

- Water, clear soft drinks, fruit juices (pulp free)
- Isotonic drinks (e.g. Gatorade)
- Clear broth, clear soups, clear meat extracts
- Black tea or coffee (may be sweetened)
- Jellies
- Frozen juice bars.

Do NOT drink any of the following:

- Red or purple liquids
- Alcoholic beverages
- Liquids that you cannot see through (e.g. milk, soy or dairy products).

How to reconstitute APOHEALTH Picosulfate Prep

The sachets must be made up in water before drinking. The detailed instructions for reconstituting the sachets are in the 'Patient Information Leaflet' enclosed with APOHEALTH Picosulfate Prep.

Your doctor would have informed you of the dose that you should take and when to take it. **It is important that you follow the instructions specifically given by the doctor and that you drink plenty of clear fluids.**

Directions For Reconstitution:

Immediately before use, mix the contents of one sachet in approximately 150mL (2/3rd of a cup) of water. Stir for 2-3 minutes. The solution should now become an off-white, cloudy liquid. Sometimes the solution becomes warm as the powder dissolves. If this happens, wait until it cools sufficiently before drinking. Do not prepare the solution in advance.

If you use too much APOHEALTH Picosulfate Prep

If you think that you have used too much [medicine name], you may need urgent medical attention.

You should immediately:

- phone the Poisons Information Centre (by calling **13 11 26**), or
- contact your doctor, or
- go to the Emergency Department at your nearest hospital.

You should do this even if there are no signs of discomfort or poisoning.

You may need urgent medical attention.

Symptoms of an overdose may include profuse diarrhoea with dehydration and fluid/electrolyte imbalance.

5. What should I know while using APOHEALTH Picosulfate Prep?

You should expect frequent, loose bowel movements at any time after taking a dose. Please ensure that you have access to a toilet at all times following each dose, until the effects wear off.

Things you should do

- **In order to replace the fluid lost from the body, it is important to drink plenty of clear fluids whilst the effects of APOHEALTH Picosulfate Prep persist. In general you should try to drink at least 250 mL (approximately one large glass) of clear fluid every hour during the treatment day/days.**
- If you are about to be started on any new medicine, remind your doctor and pharmacist that you are taking APOHEALTH Picosulfate Prep.
- Tell any other doctors, dentists, and pharmacists who treat you that you are taking APOHEALTH Picosulfate Prep.

- If you are about to have any blood tests, tell your doctor that you are taking this medicine. It may interfere with the results of some tests.

Things you should not do

- Do not take APOHEALTH Picosulfate Prep to treat any other complaints unless your doctor tells you to.
- Do not give your medicine to anyone else, even if they have the same condition as you.

Things to be careful of

- If you feel light-headed, dizzy or faint when getting out of bed or standing up, get up slowly.
- Standing up slowly, especially when you get up from bed or chairs, will help your body get used to the change in position and blood pressure. If this problem continues or gets worse, talk to your doctor.

Driving or using machines

Be careful before you drive or use any machines or tools until you know how APOHEALTH Picosulfate Prep affects you.

Drinking alcohol

Tell your doctor or pharmacist if you drink alcohol.

Looking after your medicine

- Keep this medicine in the pack until it is time to take it. If you open the sachets too soon the powder may not keep well.
- Keep this medicine in a cool dry place where the temperature stays below 30°C.

Follow the instructions in the carton on how to take care of your medicine properly.

Store it in a cool dry place away from moisture, heat or sunlight; for example, do not store it:

- in the bathroom or near a sink, or
- in the car or on window sills.

Keep it where young children cannot reach it.

Getting rid of any unwanted medicine

If you no longer need to use this medicine or it is out of date, take it to any pharmacy for safe disposal.

Do not use this medicine after the expiry date.

6. Are there any side effects?

All medicines can have side effects. If you do experience any side effects, most of them are minor and temporary. However, some side effects may need medical attention.

If you are over 65 years of age you may have an increased chance of getting side effects.

See the information below and, if you need to, ask your doctor or pharmacist if you have any further questions.

Side effects

Side effects	What to do
Common side effects: <ul style="list-style-type: none">• headache• nausea• vomiting• griping• sore anus• high magnesium levels in the blood (hypermagnesaemia) Uncommon side effects: <ul style="list-style-type: none">• tiredness• rash• mild ulcers in the small bowel	Speak to your doctor or pharmacist if you have any of these less serious side effects and they worry you.

Serious side effects

Serious side effects	What to do
Uncommon side effects: <ul style="list-style-type: none">• severe diarrhoea• convulsions• allergic reactions:<ul style="list-style-type: none">- shortness of breath, wheezing or difficulty breathing- swelling of the face, lips, tongue or other parts of the body- rash, itching or hives on the skin	Call your doctor straight away, or go straight to the Emergency Department at your nearest hospital if you notice any of these serious side effects.

Tell your doctor or pharmacist if you notice anything else that may be making you feel unwell.

Other side effects not listed here may occur in some people.

Reporting side effects

After you have received medical advice for any side effects you experience, you can report side effects to the Therapeutic Goods Administration online at www.tga.gov.au/reporting-problems. By reporting side effects, you can help provide more information on the safety of this medicine.

7. Product details

This medicine is available over-the-counter without a doctor's prescription.

What APOHEALTH Picosulfate Prep contains

Active ingredient (main ingredient)	Sodium Picosulfate Magnesium Oxide Heavy Citric Acid
Other ingredients (inactive ingredients)	Lactose Povidone Potassium Carbonate

	Sucralose
Potential allergens	Sugars as Lactose Sucralose Potassium Carbonate (equivalent to 282.9mg potassium)

Do not take this medicine if you are allergic to any of these ingredients.

What APOHEALTH Picosulfate Prep looks like

APOHEALTH Picosulfate Prep sachets contain a white powder. It is supplied in boxes containing 2, 3 or 4 sachets. (Aust R 405192).

Who distributes APOHEALTH Picosulfate Prep

Arrotex Pharmaceuticals Pty Ltd
15 – 17 Chapel Street,
Cremorne VIC 3121

<http://arrotex.com.au/>

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