

BISALAX[®] enema

Active ingredient(s): *bisacodyl*

Consumer Medicine Information (CMI)

This leaflet provides important information about using BISALAX enemas. **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 BISALAX enemas.**

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1. Why am I using BISALAX?

BISALAX contains the active ingredient bisacodyl. BISALAX is a stimulant laxative. It acts on the wall of the large bowel, encouraging bowel movements by increasing muscle contractions which push the stool mass along.

BISALAX is used to provide relief from constipation or to empty the large bowel before some medical procedures, operations or X-rays.

2. What should I know before I use BISALAX?

Warnings

Do not use BISALAX if:

- you are allergic to bisacodyl, or any of the ingredients listed at the end of this leaflet.

Always check the ingredients to make sure you can use this medicine.

- you have:
 - cramps, colic or stomach pain
 - nausea or vomiting
 - appendicitis, a pain in the abdomen or stomach
 - inflammatory bowel disease
 - a condition of the intestine called 'ileus' (swelling of the intestines when the bowel muscles have stopped working)
 - a blocked intestine
 - undiagnosed stomach pain
 - dehydration

- low potassium levels in the blood (hypokalemia)
- an anal tear (anal fissure)
- inflammation or swollen veins (haemorrhoids) in or around the back passage (rectum) or rectal ulcers.

Check with your doctor or pharmacist if you:

- have any other medical conditions
- have noticed a persistent change in bowel habits
- have been using laxatives for a period longer than one week
- have rectal bleeding after the use of a laxative
- have had any unusual or no reaction to laxatives
- take any medicines for any other condition

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?](#)

Pregnancy and breastfeeding

Check with your doctor or pharmacist if you are pregnant or intend to become pregnant.

Talk to your doctor or pharmacist if you are breastfeeding or intend to breastfeed.

BISALAX is not known to be harmful in pregnancy or while breastfeeding. However, if you are pregnant or breastfeeding you should discuss this with your doctor or pharmacist prior to treatment.

Use in children

BISALAX enemas may be used in children, however should be medically supervised.

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 BISALAX and affect how it works.

In particular, tell your doctor or pharmacist if you are taking any of the following:

- diuretics (water tablets)
- corticosteroids
- digoxin (a medicine to treat heart problems)
- some controlled release medicines

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

4. How do I use BISALAX?

How much and when to use BISALAX

- BISALAX enemas may be used on their own, or in combination with BISALAX tablets.
- Follow the instructions provided with the medicine.
- Do not exceed the recommended dosage.

Adults

Depending on the condition being treated, the entire contents of an enema should be inserted into the rectum either in the afternoon, evening or morning according to the dosage guidelines below or as instructed by your doctor.

DOSE – Adults; for constipation-type conditions:

Acute constipation:	Initially one enema, then 1 or 2 BISALAX tablets late in the evening and 1 BISALAX enema in the morning (after breakfast) for about 3 days.
Elderly patients:	One BISALAX enema in the morning (after breakfast) on days in which bowel motion is desired.
Chronic constipation:	As per doctor's instructions
Prior to childbirth:	One BISALAX enema immediately before delivery is anticipated.
After childbirth or surgery:	One BISALAX enema to be used immediately after breakfast for two or three days.
After X-ray:	To treat constipation due to barium contrast medium, use one enema.

DOSE – Adults; to empty the bowel for medical procedures:

Before X-ray:	The day prior to the examination: take 2 BISALAX tablets at lunchtime and 2 tablets in the evening. The day of the X-ray: One BISALAX enema in the rectum in the morning one to two hours prior to examination. Note: No food should be eaten from the time of taking BISALAX tablets until after the X-ray has been completed.
Surgery:	As per doctor's instructions

Children

BISALAX tablets are not recommended for use in children under 6 years.

Depending on the child's age, either half or the entire contents of an enema should be inserted into the rectum either in the afternoon, evening or morning according to

the dosage guidelines below or as instructed by your doctor.

DOSE – Children; for constipation:

Under 3 Years:	Half a BISALAX enema (Note: only half the point of the tube should be inserted).
3 to 6 years:	One BISALAX enema as required.
6-12 years:	One BISALAX tablet in the evening and one enema in the morning.

DOSE – Children; to empty the bowel for stomach x-ray examination:

Under 1 year:	Half a BISALAX enema the night before the examination and half an enema in the morning on the day of the examination.
1 to 3 years:	One BISALAX enema the night before the examination and one enema in the morning of the day of the examination.
3 to 6 years:	One BISALAX enema in the afternoon of the day before the examination and one BISALAX enema in the morning of the day of the examination.
6 to 12 years:	One BISALAX tablet at 10am and one enema in the afternoon of the day before the examination.
Over 12 years:	Two BISALAX tablets at 10am and two tablets in the evening of the day before the examination and one BISALAX enema on the morning of the day of the examination.

How to use BISALAX

1. Take the enema out of the refrigerator and allow it to reach room temperature before use.
2. Shake the enema well.
3. Take off the plastic cap from the end of the nozzle.
4. If required, lubricate the tip with a lubricant to aid insertion.
5. Lie on your left side with the left leg extended and the right leg bent, in preparation for administration of the enema.
6. Carefully insert the applicator nozzle tip into the rectum, then press on the end of the plastic tube to squeeze the liquid out gently.
7. Remain lying down for a couple of minutes before sitting or standing up.
8. Discard the container after use, even if you have only used half the contents.
9. Visit a toilet as soon as the need to pass a bowel motion occurs. A bowel motion should normally occur within 5-15 minutes.

How long to use BISALAX

- Laxative products such as BISALAX should not be used for a period longer than one week, unless directed by a doctor or pharmacist. Prolonged use of laxatives is undesirable, and may lead to dependence and further reliance on the laxative to achieve a bowel motion. This can cause a continuing cycle of constipation.
- If you require longer use, or if BISALAX does not produce a bowel movement as expected, consult your doctor or pharmacist.

If you use too much BISALAX

If you think that you have used too much BISALAX, 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.

5. What should I know while using BISALAX?

Things you should do

Remind any doctor, dentist or pharmacist you visit that you are using BISALAX.

Driving or using machines

Be careful before you drive or use any machines or tools until you know how BISALAX affects you.

BISALAX may cause dizziness in some people.

Looking after your medicine

- Store BISALAX enemas in the original packaging at a temperature of 2°C to 8°C (Refrigerate. Do not freeze).
- Follow the instructions in the carton on how to take care of your medicine properly.

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.

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

Less serious side effects

Less serious side effects	What to do
Stomach or bowel-related: <ul style="list-style-type: none">• diarrhoea• irritation, pain or inflammation around the anal area• pain or discomfort below your ribs• a feeling of needing to go to the bathroom but you can't• nausea• stomach pain• cramping or colic General-related: <ul style="list-style-type: none">• a slight illness	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
Signs and symptoms of an allergic reaction: <ul style="list-style-type: none">• rash, itching or hives on the skin, swelling of the face, lips, tongue or other parts of the body, shortness of breath, wheezing or trouble breathing	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 BISALAX contains

Active ingredient (main ingredient)	Each enema contains 10 mg bisacodyl/5 mL tube
Other ingredients (inactive ingredients)	citric acid monohydrate macrogol 3000

	macrogol 400 macrogol 4000 sodium citrate
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Do not take this medicine if you are allergic to any of these ingredients.

What BISALAX looks like

BISALAX comes as a yellow tube with yellow flip off cap which contains a white to grey viscous material. Available in packs of 25 enemas (AUST R 27900).

Who distributes BISALAX

Orion Pharma (Aus) Pty Limited
Level 24, Tower 3, 300 Barangaroo Avenue,
Sydney NSW 2000, Australia
Telephone: 1800 861 913

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