



## Laxative Capsules SN

Active ingredient: 500 mg virgin castor oil  
Soft capsule

For adults and children over 12 years of age

**Read the entire information leaflet carefully; it contains important information for you. This medicinal product is available without a prescription. However, in order to achieve the best possible treatment Laxative Capsules SN must be taken as prescribed.**

- Keep this information leaflet. You may want to reread it at a later date.
- Ask your pharmacist if you need any additional information or advice.
- Consult a doctor if your symptoms continue to worsen or if there has been no improvement after 1 week.
- Please inform your doctor or pharmacist if you are seriously affected by one of the listed side effects or if you notice side effects that are not included in this information leaflet.

### **This information leaflet contains:**

1. What are Laxative Capsules SN and what are they used for?
2. What must I be aware of before taking Laxative Capsules SN?
3. How should I take Laxative Capsules SN?
4. What are the possible side effects?
5. How should Laxative Capsules SN be stored?
6. Additional information

### **1. WHAT ARE LAXATIVE CAPSULES SN AND WHAT ARE THEY USED FOR?**

Laxative Capsules SN are a vegetable-based laxative.

#### **Areas of application:**

For short-term application in the case of constipation.

### **2. WHAT MUST I BE AWARE OF BEFORE TAKING LAXATIVE CAPSULES SN?**

#### **Laxative Capsules SN must not be taken in the case of:**

- known intolerance (allergy) to the active ingredient or to any of the other components in the medicinal product,
- obstruction of the bowels or intestinal stenosis
- intestinal paralysis (atony),
- appendicitis,
- chronic inflammatory intestinal disorders, e.g. Crohn's disease, ulcerative colitis,
- stomachache where the cause is unknown,
- biliary tract disorders,
- acute dehydration with loss of water and salts,
- pregnancy and lactation,
- children under 12 years old.

#### **Special care should be taken with Laxative Capsules SN when:**

They are taken alongside certain medicinal products to strengthen the heart muscle (cardiac glycosides), products to counteract cardiac arrhythmia (antiarrhythmic agents), medicinal products that increase diuresis (diuretics), cortisone and substances similar to cortisone (adrenal steroid hormones), liquorice root, antihistamines (medicinal products for anaphylaxis / allergies) and fat-soluble vitamins. In these cases they should only be taken after consultation with your doctor.

Taking laxatives that stimulate the action of the bowels for longer periods can lead to increased intestinal hypomotility.

Laxative Capsules SN should only be taken if the constipation cannot be relieved by a change in diet or by taking swelling preparations (e.g. linseed, wheat bran, psyllium).

In case of constipation lasting longer than 1 week and if symptoms worsen during the use of Laxative Capsules SN, consult a doctor.



### **Please note the following when taking Laxative Capsules SN alongside other medicinal products:**

In the case of continuous use or misuse, a lack of potassium can lead to certain medicinal products for the strengthening of the heart muscle (cardiac glycosides) increasing in effect, as well as an influence on the effect of products to counteract cardiac arrhythmia (antiarrhythmic agents).

The loss of potassium can be intensified when certain medicinal products which increase diuresis (diuretics), cortisone or substances similar to cortisone (adrenal steroid hormones) or liquorice root are taken at the same time.

Taking antihistamines (medicinal products for anaphylaxis / allergies) can reduce the laxative effect of Laxative Capsules SN.

The absorption of fat-soluble vitamins can be inhibited.

Please note that this information also applies to medicinal products that have been taken recently.

Please inform your doctor or pharmacist if you take, or have recently taken, other medicinal products if they are non-prescription medicinal products.

### **When taking Laxative Capsules SN together with food and drink:**

There are no known side effects with food and drink.

### **Pregnancy and lactation:**

The use of laxative capsules SN during pregnancy is contraindicated, as castor oil can influence the contractions (see section 2.: "Laxative Capsules SN must not be taken in the case of:")

Use during breast-feeding is contraindicated because castor oil can pass into breast milk.

### **2.6 Children:**

The use of Laxative Capsules SN in children and adolescents has not been adequately studied in clinical trials. Laxative Capsules SN must not be taken by children under 12 years of age (see section 2.: "**Laxative Capsules SN must not be taken in the case of:**"). The use in adolescents under 18 years of age is not recommended.

### **Fitness to drive and operate machinery:**

Studies on roadworthiness after taking castor oil have not been carried out.

## **3. HOW SHOULD I TAKE LAXATIVE CAPSULES SN?**

Always take Laxative Capsules SN as described in the instructions in this information leaflet. Please consult your doctor or pharmacist if you are unsure.

Unless otherwise instructed by your doctor, the standard dose is: For adults and children over 12 years: 5-20 soft capsules once a day.

The correct dosage is the lowest amount of capsules required to achieve a softly formed stool.

It is usually sufficient to use Laxative Capsules SN up to 2-3 times a week.

Laxative Capsules SN should be taken in the mornings on an empty stomach. They take around 8 hours to take effect.

### **How to take the medicine:**

Take the capsules, unchewed, with sufficient liquid, ideally with a glass of water.

### **How long to take the medicine for:**

Laxative Capsules SN should not be taken for longer than 1 week without your doctor's permission.

Please talk to your doctor or pharmacist if you have the impression that the effect of Laxative Capsules SN is too strong or too weak or if the symptoms persist during the use of Laxative Capsules SN.

### **What to do if you take too many Laxative Capsules SN:**

Accidentally taking too many capsules or a purposeful overdose can lead to nausea, vomiting, painful intestinal cramps and acute diarrhoea, resulting in the loss of water and salt. Consult a doctor immediately in the case of an overdose. The doctor will decide which counter-measures (e.g. administration of liquids and electrolytes) are required.



**If you forget to take Laxative Capsules SN:**

Do not take a double dose; instead take the dose as described in this information leaflet or as instructed by your doctor.

**If you stop taking Laxative Capsules SN:**

It is generally considered harmless to stop the treatment or to end it prematurely.

If you have any further questions about taking this medicinal product please consult your doctor or pharmacist.

**4. WHAT ARE THE POSSIBLE SIDE EFFECTS?**

As is the case with all medicinal products, Laxative Capsules SN can have side effects, but they do not necessarily affect everyone. The following frequency data is taken as a basis for the assessment of side effects:

common:	<i>1 to 10 out of 100 persons treated</i>
occasional:	<i>1 to 10 out of 1.000 persons treated</i>
rare:	<i>1 to 10 out of 10.000 persons treated</i>
very rare:	<i>less than 1 person out of 10.000 persons treated</i>
Unknown:	Frequency cannot be assessed based on available data

Skin rashes occur rarely. If this occurs, stop taking the capsules.

In addition, stomach irritations can occur occasionally, as can nausea, vomiting, painful intestinal cramps and acute diarrhoea in the case of higher doses. In these cases it is necessary to reduce the dosage. Long-term treatment or misuse of the capsules can lead to increased loss in water and salts (loss of electrolytes), in particular potassium. This can lead to disturbances to the cardiac function and to amyasthenia.

**Reporting side effects**

If you notice any side effects, please consult your doctor or pharmacist. This also applies to side effects not listed in this information leaflet. You can also register side effects directly with the Bundesinstitut für Arzneimittel und Medizinprodukte, Abt.

Pharmakovigilanz, Kurt-Georg-Kiesinger Allee 3, D-53175 Bonn, website: [www.bfarm.de](http://www.bfarm.de). By registering side effects, you can help to make the medicinal product safer for others to use in the future.

**5. HOW SHOULD LAXATIVE CAPSULES SN BE STORED?**

Keep all medicines out of the reach and sight of children. Do not take the medicinal product if the "use by" date on the box or blister pack has expired. The use by date relates to the last day of the month in question.

**The active ingredient is: 1 soft capsule contains:** 500 mg virgin castor oil

**The other ingredients are:** butter fat, gelatine, glycerol, purified water.

**Available packet sizes:** Original packet with 120 soft capsules.

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For risks and side effects please read the information leaflet and consult your doctor or pharmacist.