



**Please read this leaflet carefully before taking your medicine.**

**If you have any questions or are not sure about anything, ask your doctor or pharmacist.**

### **What is this medicine?**

The name of this medicine is Movicol Lemon-Lime Flavour. Each sachet contains:

Macrogol 3350	13.125 g
Sodium chloride	350.7 mg
Sodium bicarbonate	178.5 mg
Potassium chloride	46.6 mg

When it is made into a drink with 125 mL of water, each sachet gives the equivalent of:

Sodium	65 mmol/L
Chloride	53 mmol/L
Bicarbonate	17 mmol/L
Potassium	5.4 mmol/L

Movicol Lemon-Lime also contains lemon and lime flavour, and acesulfame potassium as a sweetener. The lemon and lime flavour includes the following ingredients: acacia solids, maltodextrin, lime oil, lemon oil, citral and citric acid.

Movicol Lemon-Lime is lactose-free, gluten-free and sucrose free.

Each sachet contains 13.8 grams of Movicol Lemon-Lime powder.

You add water to the powder to make a drink.

### **What is Movicol Lemon-Lime used for?**

Movicol Lemon-Lime helps you to have a comfortable bowel movement even if you have been constipated for a long time.

Movicol Lemon-Lime is also used for the treatment of faecal impaction (as determined by your doctor).

### **Before you take Movicol Lemon-Lime**

Do not take Movicol Lemon-Lime if your doctor has told you that you have:

- an obstruction in your intestine (gut)
- a perforated gut wall
- severe inflammatory bowel disease, like ulcerative colitis, Crohn's disease, or toxic megacolon
- paralysis of the bowel
- an allergy to macrogol or any of the ingredients.

### **Use in children**

Movicol Lemon-Lime is for use in adults and children aged 12 years and over. The Movicol Junior range is available for children between 2 and 11 years of age.

### **Pregnancy and breast-feeding**

If you are pregnant talk to your doctor before you take Movicol Lemon-Lime.

Movicol Lemon-Lime can be taken while breast-feeding.

### **Other Medications**

Laxative products such as Movicol Lemon-Lime have the potential to interact with other medications, by altering their absorption. Close monitoring of the effects of your medications may be necessary when you start or stop taking Movicol Lemon-Lime regularly. It is important that you should discuss this with your doctor.

### **How to take Movicol Lemon-Lime**

**Constipation:** The recommended dose of Movicol Lemon-Lime is 1 sachet a day.

This can be increased to 2 or 3 sachets daily if necessary.

**Faecal Impaction:** The dose is 8 sachets a day taken within 6 hours. You may need to take this dose for up to 3 days. If you have a heart condition do not take more than two sachets in any one hour.

Open the sachet and pour the contents into a glass. Add 125 mL of water into the glass. Stir well until all the powder has dissolved and the Movicol Lemon-Lime solution is clear or slightly hazy, then drink it. If you like, you can add a flavour such as orange cordial to the drink.

If you are taking Movicol Lemon-Lime for faecal impaction, it may be easier to dissolve all 8 sachets in 1 litre of water.

### **General recommendations when taking laxatives**

Drink plenty of water. Increase fibre in diet except in cases of medication-induced constipation. Prolonged use of laxatives is undesirable and may lead to dependence. If symptoms persist seek medical advice. In some circumstances, prolonged use may be necessary but should only be under medical supervision.

If you take too much Movicol Lemon-Lime and get bad diarrhoea, stop taking Movicol Lemon-Lime until the diarrhoea stops. If constipation returns, you should check with your doctor or pharmacist. If you are worried, contact your doctor or pharmacist.

## What about side effects?

Like all medicines, Movicol Lemon-Lime can have side effects. Sometimes people have indigestion, stomach ache or rumbles. You may also feel bloated, suffer from wind, feel sick or vomit, may also experience soreness of the anus (bottom) and may have mild diarrhoea when starting to take Movicol Lemon-Lime. Diarrhoea generally gets better if you reduce the amount of MOVICOL Lemon-Lime you take. If necessary, discuss reducing the dose with your doctor or pharmacist. Other side effects include allergic reactions which may cause a skin rash, itching, reddening of the skin or a nettle rash. Tell your doctor or pharmacist if you think Movicol Lemon-Lime is causing you any problem.

Tell your doctor immediately and stop taking Movicol Lemon-Lime if you:

- Get a serious allergic reaction which causes difficulty in breathing, or swelling of the face, lips, tongue or throat.
- If you feel weak, breathless, very thirsty with a headache, or get puffy ankles.

## How to store Movicol Lemon-Lime

### Storing Movicol Lemon-Lime sachets

Store the sachets below 25°C. Do not use Movicol Lemon-Lime after the expiry date on the pack.

### Storing prepared solution of Movicol Lemon-Lime

If you do not drink it straightaway, the prepared Movicol Lemon-Lime solution can be kept covered in the fridge (2 - 8°C) for up to 6 hours. After that time, throw away any remaining solution.

Keep out of reach of children.

AUST R 60786

Date: January 2017

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