


Patient Information Leaflet for
Senna Tablets
Senna Pods

PLEASE READ THESE INSTRUCTIONS BEFORE USE

This medicine is available without prescription. However, you still need to take Senna Tablets carefully to get the best results from them.

- *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 or a pharmacist if your symptoms worsen or do not improve.*
- *If you experience any of the side effects listed in the leaflet, or if you notice any other side effects, please consult your doctor or pharmacist.*

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1. WHAT SENNA TABLETS ARE AND WHAT THEY ARE USED FOR

Senna Tablets are a herbal medicinal product used for the short term relief of occasional constipation.

Senna Tablets do not help with weight loss
Contains Senna pods. For full details, see Section 6.

2. BEFORE YOU TAKE SENNA TABLETS

Do not take Senna Tablets:

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

Consult your doctor, before taking this medicine:

- if you suffer from kidney disorders
- if 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

Taking other medicines:

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

Pregnancy and Breastfeeding:

You should not use Senna Tablets if you are pregnant or breastfeeding because there is no evidence that it is safe to do so.

3. HOW TO TAKE SENNA TABLETS.

It is important that you follow these instructions carefully.

For oral use: Adults, and the elderly: Take two tablets at bedtime when required

Children over 12 years: One tablet at night when required. Swallow tablets whole with water

The use in children under 12 years is not recommended.

Do not exceed the stated dose.

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

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Consult your doctor, after taking this medicine:

- If symptoms worsen or persist
- if there is no bowel movement after 3 days and laxatives are needed every day
- if abdominal pain persists

If you take too many Senna Tablets:

Stop taking the medicine and consult your doctor or pharmacist.

If you forget to take Senna Tablets:

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 a missed dose. Always consult your doctor or pharmacist if you need further advice.

It may be harmful to :

- Take Senna Tablets for too long

This is because taking too much for too long 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 uneven heart-beat.
- Dehydration, making you thirsty, feel faint and giving you headaches. It can also mean you cannot pass enough urine.

4. POSSIBLE SIDE EFFECTS

Like all medicines this product can cause side effects, but not everyone gets them.

If any of the following or other side effects occur, stop taking this product and consult your doctor or pharmacist

- the product may produce abdominal pain, spasms and diarrhoea, in particular in patients with irritable colon.
- chronic use may lead to albuminuria and haematuria which is albumin or red blood cells in the urine
- chronic use may cause pigmentation of the gastrointestinal tract which usually recedes when the product is no longer taken
- yellow or red-brown discolouration of urine may occur during the treatment, but is harmless
- allergic reactions such as local or more widespread, skin rash, hives (skin bumps) or itchiness around the anus. The frequency is not known.

Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or healthcare practitioner.

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 or search for MHRA Yellow Card in the Google Play or Apple App Store. By reporting side effects, you can help provide more information on the safety of this medicine

5. HOW TO STORE SENNA TABLETS

Keep out of the sight and reach of children.

Do not use Senna Tablets after the expiry date. The expiry date is printed on the blister and base of carton.

Do not store above 25°C. Store in the original packaging.

Return any unused medicine to your pharmacist for safe disposal.

6. FURTHER INFORMATION

Each tablet contains:

Alexandrian Senna fruit (pods) (*Cassia senna* L. (*C. acutifolia* Delile) fruit) corresponding to 7.5 mg hydroxyanthracene glycosides, calculated as Sennoside B.

The product also contains:

Magnesium Stearate, Fennel Seed, Croscarmellose Sodium, Calcium Hydrogen Phosphate Dihydrate, Microcrystalline Cellulose, Colloidal Anhydrous Silica.

Senna Tablets are uncoated biconvex greenish tablets available in packs/blisters of 24, 60 and 100

Not all packs may be marketed

Marketing Authorisation Holder and Manufacturer

Soho Floridis UK Limited, 1 Botanic Court, Martland Park, Wigan, WN5 0JZ PL44893/0031

If you would like a version of this leaflet in an alternative format, please call **01942 219960**

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