

INSTRUCTIONS FOR USE

SHARDMAN
HEALTHCARE LTD

RELAXIT[®]

Microenema

Read this entire leaflet carefully.

1. WHAT RELAXIT IS AND WHAT IT IS USED FOR

Relaxit is used to soften hardened stools.

An enema is put into the back passage (the rectum) to soften hard stools and allow you to have your bowels open.

2. BEFORE YOU USE RELAXIT

Do not use Relaxit

- If you are allergic (hypersensitive) to any of the ingredients (See Section 6).

Take special care with Relaxit

- Before you use Relaxit consult your doctor if you suffer from any disease of the back passage (rectum).
- If you have been told by your doctor that you have intolerance to some sugars, contact your doctor before using this product.

Please tell your doctor or pharmacist if you are taking or recently taken or used other products to help you open your bowels (e.g. laxatives).

Pregnancy and breast-feeding

Relaxit can be safely used during pregnancy and breast-feeding. If you are concerned ask your doctor or pharmacist for advice before using Relaxit.

3. HOW TO USE RELAXIT

Relaxit must not be taken by mouth.

Always use Relaxit as your doctor has told you. You should check with your doctor or pharmacist if you are not sure.

1. Remove the nozzle cap and squeeze out a drop of fluid to lubricate the nozzle tip.
2. Insert the nozzle fully into the back passage (rectum). For children under 3 years of age, insert only half the length of the nozzle.
3. Squeeze out the contents fully and then withdraw the nozzle, still squeezing the tube tightly.



Each tube is for **single use only**. The tube must **not** be re-used in order to minimise the risk of infection to patients.

Dose

Adults and children (over 3 years of age)

One tube is usually sufficient, but a second tube may be needed in severe cases.

Children under 3 years of age

The dose is the same as for adults and children (over 3 years of age), but because the back passage (rectum) is shorter, insert only half the length of the nozzle.

If you use more Relaxit than you should

You do not need to worry, just drink plenty of water. Contact your doctor or your local hospital if you are worried.

If you or anyone else swallows Relaxit contact your doctor or local hospital.

4. POSSIBLE SIDE EFFECTS

Relaxit does not usually cause side effects. You may experience cramps and the feeling that you need to pass stools, even when you have nothing to pass or you may pass mucus or blood.

If any of the side effects get serious, or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.

5. HOW TO STORE RELAXIT

Keep Relaxit out of the reach and sight of children.



Store below 25°C.



Do not use the product if the tube is damaged.



Do not use Relaxit after the expiry date. The expiry date refers to the last day of the month.

Do not dispose of Relaxit via wastewater or household waste. These measures will help to protect the environment.

6. FURTHER INFORMATION

Composition: Each 5ml contains:

Sodium citrate dihydrate Ph.Eur. 450mg

sodium laurylsulfate Ph.Eur. 75mg

Also contains: sorbic acid, glycerol, sorbitol solution 70% and purified water.

What Relaxit looks like and contents of the pack

Relaxit is a colourless thick liquid.

Relaxit is available in a **single use** micro enema tube containing 5 ml of solution for rectal use.

Relaxit is available in boxes of 4, 12 and 48.



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