Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.

Always take this medicine exactly as described in this leaflet or as your doctor or pharmacist has told you.

- Keep this leaflet. You may need to read it again.
- Ask your doctor or a pharmacist if you need more information or advice.
- If you get any side effects, talk to your doctor or a pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.
- You must talk to a doctor if you feel worse, or if you do not feel better after 3 days.

What is in this leaflet

1. What Senna 7.5 mg Tablets are and what they are used for
2. What you need to know before you take Senna 7.5 mg Tablets
3. How to take Senna 7.5 mg Tablets
4. Possible side effects
5. How to store Senna 7.5 mg Tablets
6. Contents of the pack and other information

1. What Senna 7.5 mg Tablets are and what they are used for

Senna 7.5 mg Tablets are used for the short-term relief of occasional constipation. Senna 7.5 mg Tablets do not help with weight loss.

2. What you need to know before you take Senna 7.5 mg Tablets

As with all medicines, Senna 7.5 mg Tablets may not be suitable for some people.

Do not take Senna 7.5 mg Tablets;

- if you are allergic to Senna Leaf or any of the other ingredients of this medicine (listed in section 6).
- if you have bleeding or narrowing of the gastro-intestinal tract or bowel (e.g. ileus, intestinal obstruction or stricture).
- if you have peptic ulcers or lack of muscle tone in the bowel (atony).
- if you have appendicitis, inflammatory bowel diseases such as Crohn’s disease or ulcerative colitis.
- if you have severe dehydration.
- if you have persistent or unexplained abdominal complaints e.g. pain, nausea or vomiting.
- if you have facial 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 currently constipated.
- if you have had a sudden change in bowel habit that has lasted for more than 2 weeks.
- if you are pregnant or breast-feeding.
- if you have kidney or heart failure.
- if you are under 12 years of age.

Warnings and precautions

Talk to your doctor or pharmacist before taking Senna 7.5 mg Tablets if;

- you suffer from kidney disorders.

When administering this product to incontinent adults, pads should be changed more frequently to prevent extended skin contact with faeces. It is recommended to use changes in diet and bulk forming medicines to control constipation before using this medicine.

Other medicines and Senna 7.5 mg Tablets

Tell your doctor or pharmacist before taking this medicine if you;

- are taking medicines for a heart condition (e.g. cardiac glycosides, antiarrhythmics) medicinal products e.g. quinidine and medicinal products including Q1 prolongation.
- are taking diuretics, adrenocorticosteroids or liquorice root preparations.
- have recently taken or may take any other medicines.

Pregnancy and breast-feeding

You should not use Senna 7.5 mg Tablets if you are pregnant or breast-feeding.

3. How to take Senna 7.5 mg Tablets

Always take this medicine exactly as described in this leaflet or as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.

For oral use only

Adults, the elderly and children over the age of 12 years. Swallow one or two tablets at night. The tablets should be taken with a glass of water.

Do not exceed the stated dose.

New users should start with the lowest dose and increase it to the maximum dose if necessary. Once regularity has been regained dosage should be reduced and can usually be stopped.

The product is not recommended for use in children under 12 years.

Duration of use

Senna 7.5 mg Tablets are usually used within 8-12 hours.

If you forget to take Senna 7.5 mg 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.

4. Possible side effects

Like all medicines, this medicine can cause side effects, although not everybody gets them.

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

- abdominal pain, nausea and diarrhoea, in particular these effects may be experienced by patients with irritable colon. In these cases, a reduction in the dose may be necessary.
- hypersensitivity (allergic) reactions, hives (skin bumps), skin itchiness or local or more widespread rash, or urticaria.
- can make you more likely to catch infections.
- chronic use may cause pigmentation of the gastrointestinal tract which usually recedes when the product is no longer taken.
- low potassium levels in the blood leading to muscle weakness and/or cramps.
- severe weight loss.
- changes in the shape of the finger and fingernail, muscular spasms and inflammation of bones and joints.

The frequency is not known.

Reporting of side effects

Tell your doctor or pharmacist after taking this medicine if:

- symptoms worsen or persist during the use of the medicinal product
- there is no bowel movement after 3 days of use
- you need to take laxatives every day or if abdominal pain persists.

If you take more Senna 7.5 mg Tablets than you should

Consult your doctor or pharmacist and take this leaflet with you.

It may be harmful to take too much of this medicine or take it for too long. This is because it may lead to;

- a ‘lazy bowel’, where the muscle in the bowel becomes too relaxed. This can lead to bowel emptying happens less often. This can lead to long-term constipation.
- imbalance of fluid and salts in the body. This can affect the tightness of muscles such as those in the bowel. It can also affect the salt in the blood.
- low levels of potassium in the blood (called ‘hypokalaemia’). This can make you tired, dizzy, make your muscles weak and cause an uneven heart beat.
- dehydration, making you thirsty, feel faint and giving you headaches. It can also mean you cannot pass enough urine.

5. How to store your Senna 7.5 mg Tablets

Keep this medicine out of the sight and reach of children.

This medicine does not require any special storage conditions. This medicine does not require any special storage conditions.

Keep the expiry date refers to the last day of that month.

Do not use this medicine after the expiry date which is stated on the label.

The expiry date refers to the last day of that month.

This medicine does not require any special storage conditions.

Store in the original container.

Keep this medicine out of the sight and reach of children.

Return any unused medicines to a pharmacist for safe disposal.

6. Contents of the pack and other information

What Senna 7.5 mg Tablets contain

- Each tablet contains 203 mg of Senna leaf (Cassia senna L., C. angustifolia Vahl) or Cassia angustifolia Vahl) corresponding to 7.5 mg of hydroxyanthraacenoic glycosides, calculated as senecioic B.
- The other excipients are maize-starch, croscarmellose and magnesium stearate.

What Senna 7.5 mg Tablets looks like and contents of the pack

Senna 7.5 mg Tablets are greenish - brown bitter-tasting tablets available in a polyethylene container with a polystyrene tamper evident closure in pack sizes of 20, 50, 60, 100, 200, 500 and 1000 tablets.

Not all pack sizes may be marketed.

Marketing Authorisation Holder and Manufacturer

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