

PACKAGE LEAFLET: INFORMATION FOR THE
USER

Glycerol 4g Suppositories

Glycerol (referred to as Glycerol Suppositories in this leaflet)

Read all of this leaflet carefully before you start using Glycerol Suppositories.

- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor or pharmacist.
- If any of the side effects gets serious, or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.

In this leaflet:

1. What Glycerol Suppositories are and what they are used for.
2. Before you use Glycerol Suppositories.
3. How to use Glycerol Suppositories.
4. Possible side effects.
5. How to store Glycerol Suppositories.
6. Further information.

1. What Glycerol Suppositories are and what they are used for

Glycerol belongs to a group of medicines called laxatives. A laxative is a medicine which is used for the treatment of constipation.

Glycerol Suppositories act as a stimulant laxative for short term treatment of constipation and for emptying the bowels.

2. Before you use Glycerol Suppositories

Do not use Glycerol Suppositories if:

- you suffer from a blocked bowel or an abdominal problem for which you have not obtained a medical opinion.
- you are allergic (hypersensitive) to glycerol or any of the other ingredients of Glycerol Suppositories, listed in section 6 of this leaflet.

Take special care with Glycerol Suppositories. Tell your doctor if:

- you are diabetic

If any of the above applies to you or your child, please contact your doctor or pharmacist.

It is not recommended that you use Glycerol Suppositories for long periods of time. If you need laxatives every day you should see your doctor.

Pregnancy and breast-feeding

Glycerol Suppositories should be avoided in the first three months of pregnancy. Ask your doctor or pharmacist for advice before taking any medication.

3. How to use Glycerol Suppositories

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

1. Wash hands before opening individual packaging. If the suppository is too soft, it may be chilled in the refrigerator or under cold running water before unwrapping
2. To remove a suppository, tear one from the strip along the perforations then peel it from the plastic wrapping by grasping the two halves of the wrapping at the tip of the suppository and pulling them gently apart. The tip should be moistened with a little cold water to aid insertion



3. Lie on your left side (if you are right handed) and draw your knees up towards your chest, with the right leg drawn up more than the left.
4. Using your index finger or middle finger, whichever you find easier, gently push the suppository into the rectum. The suppository is shaped for rectal insertion, ensure the tip of the suppository is inserted first.
5. The suppository should be inserted as far as possible, pushing the end of the suppository sideways to ensure contact with the wall of the bowel.
6. Lower your legs to a comfortable position to help you to hold the suppository in place.
7. Retain the suppository in place for at least 15 to 20 minutes if possible. If you feel the suppository must come out immediately, it has not been inserted high enough.
8. You may feel an immediate urge to go to the toilet. Try to ignore this as the suppository will not work for at least 15 minutes. Please note it is not necessary for the whole suppository to melt to get results.

Glycerol Suppositories should not be swallowed

Adults, the elderly and children of 12 years and over

One suppository

Children under 12 and infants

Not recommended

As with all laxatives, the suppositories should not be used on a continuous daily basis for long periods. If you need laxatives every day you should see your doctor.

If Glycerol Suppositories are swallowed

If you suspect someone may have swallowed Glycerol Suppositories contact your doctor or pharmacist taking this leaflet with you.

4. Possible side effects

Like all medicines, Glycerol Suppositories can cause side effects, although not everybody gets them.

If any of the following symptoms occur contact your doctor or pharmacist immediately. These are symptoms of a serious allergic reaction.

- sudden wheeziness and tightness of chest
- swelling of eyelids, face or lips
- skin lumps or hives
- skin rash (red spots), itchiness, fever
- collapse

Other side effects that may occur include:

- abdominal cramps

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 Glycerol Suppositories

Keep out of the reach and sight of children.

Do not use Glycerol Suppositories after the expiry date printed on the carton after EXP. The expiry date refers to the last day of that month.

Store below 25°C. Store in the original carton.

Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

6. Further Information

What Glycerol Suppositories contain

The active substance is Glycerol BP. The other ingredients are gelatin and purified water.

What Glycerol Suppositories look like and contents of the pack

Glycerol Suppositories are amber torpedo shaped suppositories. Each pack contains 12 x 4g suppositories.

Each suppository contains 2800mg Glycerol.

Marketing Authorisation Holder

Ethypharm,
194, Bureaux de la Colline,
Bâtiment D 92213,
Saint-Cloud Cedex,
France

Manufacturer:

Phoenix Healthcare Limited,
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If you would like any more information, or would like the leaflet in a different format, please contact Medical Information at the above address.

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