

Package leaflet: Information for the patient

Idrolax 10 g, powder for oral solution in sachet Macrogol 4000

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

- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor or pharmacist.
- This medicine has been prescribed for you. Do not pass it on to others. It may harm them, even if their signs of illness are the same as yours.
- You must consult your doctor if your symptoms worsen or do not improve.
- If you get any side effects talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet.

What is in this leaflet

1. What Idrolax is and what it is used for
2. What you need to know before you take Idrolax
3. How to take Idrolax
4. Possible side effects
5. How to store Idrolax
6. Contents of the pack and other information

1. WHAT IDROLAX IS AND WHAT IT IS USED FOR

Idrolax contains the active substance Macrogol 4000 and belongs to a group of medicines called osmotic laxatives. It works by adding water to the stools, which helps to overcome problems caused by very slow bowel movements. Idrolax is not absorbed into the bloodstream or broken down in the body.

Idrolax is used for the treatment of constipation in adults and children aged 8 years and above. This medicine is a powder that you dissolve in a glass of water (at least 50ml) and drink. It usually takes 24 to 48 hours to work.

The treatment of constipation with any medicine should only be in addition to a healthy lifestyle and diet.

2. WHAT YOU NEED TO KNOW BEFORE YOU TAKE IDROLAX

Do not take Idrolax:

- if you are allergic (hypersensitive) to macrogol (polyethylene glycol) or any of the other ingredients of this medicine (listed in section 6).
- if you have an existing disease, such as, severe intestinal disease:
 - inflammatory bowel disease (such as ulcerative colitis, Crohn's disease, abnormal dilation of the bowel)
 - perforation of the bowel or risk of perforation of the bowel
 - ileus or suspicion of intestinal obstruction
 - painful abdominal syndromes of uncertain cause

Do not take this medicine if any of the above applies to you. If you are not sure, talk to your pharmacist or doctor before taking the medicine.

Warnings and Precautions

Cases of allergic reactions involving rash and swelling of the face or throat (angioedema) have been reported in adults after taking products containing macrogol (polyethylene glycol). Isolated severe allergic reactions have been reported causing faintness, collapse or breathing difficulties and feeling generally unwell. If you experience any of these symptoms you should stop taking Idrolax and seek medical help immediately.

As this medicine can sometimes cause diarrhoea, check with a doctor or pharmacist before taking this medicine if you:

- have impaired liver or kidney function,
- are taking diuretics (water tablets) or are elderly as you may be at risk of low sodium (salt) or potassium levels in the blood.

Before taking Idrolax, talk to your doctor or pharmacist if you know that you have a swallowing disorder. Avoid mixing Idrolax - PEG laxative and starch-based food thickeners if you have difficulties with swallowing. This may result in a watery liquid which could get into your lungs and cause pneumonia if you can't swallow properly.

Other medicines and Idrolax

There is a possibility that the absorption of other medicinal products could be transiently reduced during use with Idrolax, particularly medicinal products with a narrow therapeutic index or short half-life such as digoxin, anti-epileptics, coumarins and immunosuppressive agents, leading to decreased efficacy.

Tell your doctor or pharmacist if you are taking or have recently taken any other medicines, including medicines obtained without a prescription.

If you need to thicken fluids in order to swallow them safely, Idrolax may counteract the effect of the thickener.

Pregnancy and breast feeding

Idrolax can be used during pregnancy and breast-feeding.

If you are pregnant or breast-feeding, think you may be pregnant or are planning to have a baby ask your doctor or pharmacist for advice before taking this medicine.

Driving and using machines

No studies on the effects on the ability to drive and /or use machines have been performed.

Important information about some of the ingredients of Idrolax

This medicine contains 1.7 mg of sorbitol in each sachet.

Due to the presence of sulphur dioxide, it may rarely cause severe hypersensitivity reactions and breathing difficulties.

Idrolax can, however, be used if you are diabetic or on a galactose-free diet.

This medicine contains less than 1 mmol sodium (23 mg) per sachet, that is to say essentially “sodium-free”.

3. HOW TO TAKE IDROLAX

Always take Idrolax 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.

Adults and children over 8 years

The recommended dose is one to two sachets per day, preferably taken as a single dose in the morning.

The daily dose can be adjusted according to the effect obtained and may range from one sachet every other day (especially in children) to up to a maximum of two sachets per day.

Dissolve the contents of the sachets in a glass of water (at least 50 ml) immediately before use and drink the liquid.

Please note:

- Idrolax usually takes 24 to 48 hours to work.
- In children, the duration of treatment with Idrolax should not exceed 3 months.
- Improvement in the frequency of your bowel movements after taking Idrolax can be maintained by keeping to a healthy lifestyle and diet.
- Talk to your pharmacist or doctor if the symptoms worsen or do not improve.

If you take more Idrolax than you should

Taking too much Idrolax may cause diarrhoea, stomach pains or vomiting. The diarrhoea usually disappears when treatment is stopped or the dose reduced.

If you suffer from severe diarrhoea or vomiting you should contact a doctor as soon as possible as you may require treatment to prevent loss of salts (electrolytes) from fluid loss.

If you forget to take Idrolax

Take the next dose as soon as you remember but do not take a double dose to make up for a forgotten dose.

4. POSSIBLE SIDE EFFECTS

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

The side effects that are usually mild and do not last long include:

In children:

Common (may affect up to 1 in 10 people)

- Abdominal (belly) pain
- Diarrhoea which may also cause soreness around the back passage (anus).

Uncommon (may affect up to 1 in 100 people)

- Nausea (feeling sick) or vomiting
- Abdominal (belly) bloating

Not known (frequency cannot be estimated from available data)

- Allergic (hypersensitive) reactions (rash, hives (urticaria), swelling of the face or throat, breathing difficulties, faintness or collapse)

In adults:

Common (may affect up to 1 in 10 people)

- Abdominal (belly) pain
- Abdominal (belly) bloating
- Nausea (feeling sick)
- Diarrhoea

Uncommon (may affect up to 1 in 100 people)

- Vomiting

- Urgent need to go to the toilet
- Faecal incontinence

Not known (frequency cannot be estimated from available data)

- Low blood levels of potassium which can cause muscle weakness, twitching or abnormal heart rhythm
- Low blood levels of sodium which can cause tiredness and confusion, muscle twitching, fits and coma
- Dehydration caused by severe diarrhoea especially in the elderly
- Symptoms of an allergic reaction such as skin redness, rash, hives (urticaria), swelling of the face or throat, breathing difficulties, faintness or collapse

Reporting of side effects

If you get any side effects, talk to your doctor, or pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via HPRA Pharmacovigilance

Website: www.hpra.ie

By reporting side effects you can help provide more information on the safety of this medicine.

5. HOW TO STORE IDROLAX

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

Do not take Idrolax after the expiry date which is stated on the base of the carton. The expiry date refers to the last day of that month.

Idrolax does not require any special storage conditions.

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

6. CONTENTS OF THE PACK AND OTHER INFORMATION

What Idrolax contains

The active substance in each sachet is 10.00 grams of macrogol 4000.

The other ingredients are:

Saccharin sodium (E 954) and orange-grapefruit flavour which contains orange and grapefruit essential oils, concentrated orange juice, citral, acetaldehyde, linalol, ethyl butyrate, alpha terpineol, octanal, beta and gamma hexenol, maltodextrin, gum arabic, sorbitol (E 420), butylated hydroxyanisole (E 320) and sulphur dioxide (E 220).

What Idrolax looks like and contents of the pack

Idrolax is an almost white powder that smells and tastes of orange-grapefruit, for making up into a drink.

Idrolax is available in packs of 10, 20, 50 and 100 sachets. Not all pack sizes may be marketed.

Marketing authorisation holder

MAYOLY PHARMA FRANCE

3 Place Renault

92500 Rueil-Malmaison

France

Manufacturer
MAYOLY INDUSTRIE
Rue Ethe Virton
28100 Dreux
France

This medicinal product is authorised in the Member States of the EEA under the following names:

Forlax 10g in Austria, Belgium, Czech Republic, Estonia, France, Latvia, Lithuania, Luxembourg, Poland, Portugal, Slovakia and The Netherlands.

Forlax in Germany, Tanilas 10g in Greece, Idrolax in Ireland, Paxabel 10g in Italy and Dulcobalance in the United Kingdom,

This leaflet was last revised in February 2025.