

**Package leaflet: Information for the patient****Eucarbon herbal Tablets**

senna leaf, dry extract of rhubarb root, vegetable charcoal.

**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 qualified healthcare professional e.g. a doctor or pharmacist has told you.

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

**What is in this leaflet**

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

**1. What Eucarbon herbal Tablets is and what it is used for**

The active ingredients in Eucarbon herbal Tablets are of vegetable origin and stimulate digestion. They act together to provide a laxative effect.

Eucarbon herbal Tablets are a traditional herbal medicinal product for the short-term relief of occasional constipation and for resulting mild digestive complaints such as bloating and flatulence, exclusively based on long standing use

You must talk to a doctor if you do not feel better or if you feel worse after 3 days.

**2. What you need to know before you take Eucarbon herbal Tablets****Do not take Eucarbon herbal Tablets**

- if you are allergic to senna leaves, rhubarb extract, charcoal or any of the other ingredients of this medicine (listed in section 6)
- if you are under 12 years of age
- if you are pregnant or breastfeeding
- if you suffer from:
  - Blockage or narrowing of the gastro-intestinal tract or bowel obstructions (e.g. stenosis)
  - Paralysis or lack of muscle tone (atony) in the bowel
  - Appendicitis
  - Inflammatory bowel diseases such as Crohn's disease, ulcerative colitis
  - Rectal bleeding for which you do not know the cause
  - Abdominal (stomach) pain for which you do not know the cause
  - Severe dehydration
- if you have had a sudden change in bowel habit that persists for more than 2 weeks
- if you have already taken a laxative and are still constipated.

**Warnings and precautions**

Talk to your qualified healthcare professional e.g. a doctor or pharmacist before taking Eucarbon Herbal Tablets if you suffer from any of the following conditions:

- Faecal impaction
- Unexplained irregular bowel habits
- Suspected stomach or intestinal ulcers
- Abdominal pain, loss of appetite, feeling sick or vomiting
- If you have a kidney disorder, this product may cause an electrolyte imbalance

**Take special care with Eucarbon herbal Tablets:**

If there is no bowel movement after three days consult a doctor. If condition worsens or symptoms persist during the use of Eucarbon or for more than 1 week, a doctor should be consulted

**Other medicines and Eucarbon herbal Tablets**

- If you are taking any of the following medicines talk to your doctor before taking Eucarbon herbal Tablets
- Medicines for a heart condition (e.g. digoxin, quinidine)
- Medicines which induce QT prolongation
- Diuretics
- Adrenocorticosteroids
- Liquorice root
- Medicines which slow the muscle contractions of the bowel (e.g. opioids, loperamide)

If you are speaking to your doctor, pharmacist or nurse always remember to tell them about any medicines you are taking, including herbal remedies such as Eucarbon herbal Tablets

**If you take medicines for heart problems:**

If you take too much of this medicine it may affect the way some medicines used to treat heart problems (such as digoxin) work.

**Eucarbon herbal Tablets with food and drink**

Eucarbon herbal Tablets can be taken during or after meals.

**Pregnancy and breast-feeding and fertility**

Eucarbon herbal Tablets should not be used during pregnancy or breast feeding. Tell your doctor if you become pregnant whilst taking this medicine.

**Driving and using machines**

This product has no known effects on the ability to drive or use machines. Make sure you know how it affects you before you drive or use machinery.

**Eucarbon herbal Tablets contain sucrose**

This medicine contains sucrose (a type of sugar). If you have been told by your doctor that you have an intolerance to some sugars, talk to your doctor before taking this medicine.

**3. How to take Eucarbon herbal Tablets**

Always take this medicine exactly as described in this leaflet or as your qualified healthcare professional e.g. a doctor or pharmacist has told you. Check with your qualified healthcare professional e.g. a doctor or pharmacist if you are not sure.

Unless otherwise prescribed by the doctor, the usual dose for adults and adolescents over 12 years is 1-2 tablets, up to 3 times a day during or after meals, in order to achieve a mild laxative effect and reduce bloating and flatulence. If a stronger laxative effect is desired, the evening dose can be increased to 3 – 4 tablets.

The dosage necessary to obtain the desired effect may vary according to individual predisposition. Eucarbon herbal Tablets should be taken with an ample amount of liquid (at least one glass of water).

For oral short-term use only.

If you are speaking to your doctor or pharmacist always remember to tell them about any medicines you are taking, including herbal remedies such as this.

#### **Use in children**

Eucarbon herbal Tablets should not be used for children under 12 years of age.

#### **If you take more Eucarbon herbal Tablets than you should**

Diarrhoea may be a sign of over dosage. In this case reduce dosage or discontinue intake of Eucarbon herbal Tablets.

#### **If you forget to take Eucarbon herbal Tablets**

Do not take a double dose to make up for a forgotten dose.

If you have any further questions on the use of this medicine, ask your qualified healthcare professional e.g. a doctor or pharmacist.

### **4. Possible side effects**

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

#### **Digestive symptoms**

- Swelling of the abdomen (stomach) due to gas (meteorism)
- Abdominal (stomach) pain
- Diarrhoea

If these occur reduce the dose. If the side effects persist, stop taking this product and see your doctor. These side effects are common and may affect up to 1 in 10 people.

#### **Skin reactions**

- Itching (pruritis)
- Rash
- Red, itchy spots (urticaria)

Stop taking this product if these occur.

It is not known how frequently these side effects may occur.

This product may make your urine appear yellow or red-brown in colour. This is a harmless effect.

#### **Reporting of side effects**

If you get any side effects, talk to your doctor, 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](http://www.hpra.ie)

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

### **5. How to store Eucarbon herbal Tablets**

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

Do not use this medicine after the expiry date which is stated on the blister and the box after 'EXP'. The expiry date refers to the last day of that month.

Do not store above 30°C.

Store in the original package in order to protect from light.

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 Eucarbon herbal Tablets contains**

- The active substances for each tablet are: 105 mg of Cassia senna L. (*C. acutifolia* Delile) and/or *Cassia angustifolia* Vahl, folium (Senna leaf), and 25 mg of extract (as dry extract) from *Rheum palmatum* L. or *Rheum officinale* Baillon, or hybrids of these two species or a mixture, *Rhei radix* (Rhubarb root) (3- 5: 1), (Extraction solvent: Ethanol 70% v/v), corresponding to a total amount of anthraquinone derivatives of 3.3mg, and 180 mg of Vegetable Charcoal.
- The other ingredients are sucrose, maize starch, heavy kaolin (*bolus alba*), talc, acacia, bitter-fennel fruit oil, peppermint oil.

### **What Eucarbon herbal Tablets looks like and contents of the pack**

Grey-black, non-coated tablets without a break bar in pack sizes of 10, 20, 30, 50 or 100 tablets, supplied in blisters packs in a cardboard carton.

Not all pack sizes may be marketed.

### **Traditional Herbal Registration Holder and Manufacturer**

F. Trenka chem. pharm. Fabrik Ges.m.b.H  
Prinz-Eugen-Strasse 70  
A1-1040 Vienna  
Austria.

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