Approved Patient Information Leaflet: EUCARBON TABLETS

SCHEDULING STATUS

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PROPRIETARY NAME, STRENGTH AND PHARMACEUTICAL FORM

EUCARBON Tablets

Read all of this leaflet carefully before you start taking EUCARBON:

EUCARBON is available without a doctor's prescription, for you to treat a mild illness.

Nevertheless you still need to use **EUCARBON** carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- You must see a doctor if your symptoms worsen or do not improve after 7 days.

1. WHAT EUCARBON CONTAINS

- The active substances are 180 mg vegetable charcoal (carbo ligni plv.), 25 mg rhubarb dry extract and 105 mg senna folium powder per tablet.
- **EUCARBON** contains sugar (sucrose)

The other ingredients are: acacia, fennel oil, heavy kaolin peppermint oil, starch and talc.

2. WHAT EUCARBON IS USED FOR

EUCARBON is a traditional remedy for the relief of constipation by softening the stool.

3. BEFORE YOU TAKE EUCARBON

EUCARBON is not recommended for children.

If you have noticed a sudden change in bowel habits that has persisted for more than 2 weeks, consult your doctor before taking this medicine.

Do not take EUCARBON:

Do not take **EUCARBON** if you suffer from intestinal obstruction or abdominal pain that has not been diagnosed by a doctor.

If you feel nauseous or are vomiting, do not take this medicine.

Take special care with EUCARBON:

Care should be taken if you have inflammatory bowel disease.

Frequent or prolonged use of **EUCARBON** may result in dependence.

Taking EUCARBON with food and drink:

EUCARBON can be taken with or after meals with some liquid.

Pregnancy and Breastfeeding

If you are pregnant or breastfeeding your baby, please consult your doctor, pharmacist or other health care professional for advice before taking this medicine.

Important information about some of the ingredients of EUCARBON:

EUCARBON contains sucrose. If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking **EUCARBON**.

Taking other medicines with EUCARBON:

Non-activated charcoal diminished the action of ipecacuanha and other vomit inducing agents when given simultaneously by mouth. If it is required to induce vomiting, the vomit inducing agent should be given before non-activated charcoal is administered.

Non-activated charcoal has the potential to reduce the absorption of many drugs from the gastro-intestinal tract and simultaneous oral therapy should therefore be avoided.

Always tell your healthcare professional if you are taking any other medicine.

(This includes complementary or traditional medicines.)

4. HOW TO TAKE EUCARBON

Do not share medicines prescribed for you with any other person.

Always take **EUCARBON** exactly as your doctor has instructed you. You should check with your doctor or pharmacist if you are unsure.

The usual dose for adults and the elderly is 1 – 2 tablets at or after meals with some liquid. Where a stronger effect is desired, the evening dose should be 3 or 4 tablets.

If the recommended use of this product for 1 week has no effect, discontinue use and consult a doctor.

If you have the impression that the effect of **EUCARBON** is too strong or too weak, talk to your doctor or pharmacist.

Do not stop taking this medication without discussing it with your doctor.

If you take more EUCARBON than you should:

Prolonged use or overdosage with senna or rhubarb can result in diarrhoea with excessive loss of water and electrolytes, particularly potassium. There is also the possibility of developing an abnormal non-functioning colon.

Treatment is symptomatic and supportive.

In the event of overdosage, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison control centre.

If you forget to take a dose of EUCARBON:

Do not take a double dose to make up for forgotten individual doses. Take the next dose according to the instructions.

If you stop taking EUCARBON:

If you stop taking **EUCARBON** your original symptoms may come back.

5. POSSIBLE SIDE EFFECTS

EUCARBON can have side effects.

Senna and rhubarb may cause abdominal discomfort such as colic or cramps.

Discoloration of the urine may occur.

Non-activated charcoal is relatively non-toxic when given by mouth but gastro-intestinal disturbances such as vomiting and constipation have been reported. It may colour the faeces black.

Not all side effects for EUCARBON are included in this leaflet. Should your general health worsen or you experience any untoward effects while taking this medicine, please consult your doctor, pharmacist or other healthcare professional for advice.

6. STORING AND DISPOSING OF EUCARBON

- Store at or below 25 °C in a dry place.
- Keep blister in carton until required for use.
- Store all medicines out of reach of children.
- Do not use after the expiry date stated on the carton.
- Return all unused medicine to your pharmacist.

7. PRESENTATION OF EUCARBON

Tablets are blister packed in 3 x 10 or 10 x 10. Blisters are packed in an outer cardboard carton.

8. IDENTIFICATION OF EUCARBON

Biconvex, charcoal coloured tablets with a slight peppermint/fennel odour and a slightly sweet peppermint/fennel taste.

9. REGISTRATION NUMBER/REFERENCE NUMBER

Z/11.6/393

10. NAME ADDRESS OF REGISTRATION HOLDER

Camox Pharmaceuticals (Pty) Ltd

1 Sherborne Road

Parktown

Johannesburg, 2193

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11. DATE OF PUBLICATION

Date on the registration certificate of the medicine: 26 May 1993