SCHEDULING STATUS: S0

PECTIN-K SUSPENSION 3,0 g/0,220 g per 15 ml suspension

Kaolin (light)

Apple Pectin

Contains sweetener: Sodium saccharin 15 mg

Read all of this leaflet carefully because it contains important information for you

PECTIN-K SUSPENSION is available without a doctor's prescription, for you to treat a mild illness. Nevertheless, you still need to use PECTIN-K SUSPENSION carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share PECTIN-K SUSPENSION with any other person.
- Ask you healthcare provider or pharmacist if you need more information or advice.
- You must see a doctor if your symptoms worsen or do not improve after 2 days.

What is in this leaflet

- What PECTIN-K SUSPENSION is and what it is used for
- What you need to know before you take PECTIN-K SUSPENSION
- How to take PECTIN-K SUSPENSION
- Possible side effects
- How to store PECTIN-K SUSPENSION
- Contents of the pack and other information

1. What PECTIN-K SUSPENSION is and what it is used for

PECTIN-K SUSPENSION belongs to a group of medicines called antidiarrhoeals. It relieves the symptoms of loose stools (diarrhoea) and is used when there is no infection present.

2. What you need to know before you take PECTIN-K SUSPENSION

Do not take PECTIN-K SUSPENSION:

- if you are hypersensitive (allergic) to kaolin, pectin or any of the other ingredients of PECTIN-K SUSPENSION (listed in section 6)
- if you have an obstruction or blockage in your intestines
- if you suffer from ulcers in your digestive tract
- if you've had a colostomy, an operation in which the colon is shortened to remove a damaged part and the cut end diverted to an opening in the abdomen
- if you have spastic bowel conditions
- if you have loose stools accompanied by fever or by blood or mucus in the stool.

Warnings and precautions

Take special care with PECTIN-K SUSPENSION:

- if you are dehydrated; it is important that you take in adequate fluids and electrolytes to maintain hydration
- if PECTIN-K SUSPENSION is given to the elderly because of the risk of fluid and electrolyte loss.

Children

Do not give PECTIN-K SUSPENSION to infants and children below 3 years of age unless directed by a doctor.

Other medicines and PECTIN-K SUSPENSION

Always tell your healthcare provider if you are taking any other medicine. (This includes complementary or traditional medicines.)

PECTIN-K SUSPENSION may decrease the effectiveness of the following medicines if taken at the same time:

- antidyskinetics, used to relieve or prevent symptoms of impaired muscle control such as tics, twitching, jerking and muscle spasms
- digitalis glycosides such as digoxin, used to treat certain heart conditions
- lincomycins, antibiotics used to treat infections
- medicines used to treat mental illness, called antipsychotics, such as loxapine, phenothiazines and thioxanthenes.

Take PECTIN-K SUSPENSION at least 2 to 3 hours before or after other oral medicines.

PECTIN-K SUSPENSION with alcohol

Avoid using alcohol when taking PECTIN-K SUSPENSION.

Pregnancy, breastfeeding and fertility

Safety in pregnancy and breastfeeding has not been established.

There is no information on the effect of PECTIN-K SUSPENSION on fertility.

If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, please consult your doctor, pharmacist or other healthcare provider for advice before taking PECTIN-K SUSPENSION.

Driving and using machines

PECTIN-K SUSPENSION has no or negligible influence on the ability to drive or use machines.

It is not always possible to predict to what extent PECTIN-K SUSPENSION may interfere with the daily activities of a patient. Patients should ensure that they do not engage in the

above activities until they are aware of the measure to which PECTIN-K SUSPENSION affects them.

PECTIN-K SUSPENSION contains sodium

PECTIN-K SUSPENSION contains 91,43 mg sodium (main component of cooking/table salt) in each 15 ml. This is equivalent to 4,57 % of the recommended maximum daily dietary intake of sodium for an adult.

3. How to take PECTIN-K SUSPENSION

Always take PECTIN-K SUSPENSION exactly as described in this leaflet or as your doctor or pharmacist have told you. Check with your doctor or pharmacist if you are not sure.

Shake the bottle before use.

The usual dose is:

Children 3 years and older:

One to three 5 ml medicine measures (5 ml to 15 ml) every three to four hours.

Adults:

Three to six 5 ml medicine measures (15 ml to 30 ml) every three to four hours.

Take PECTIN-K SUSPENSION at least 2 to 3 hours before or after other oral medicines (see "**Other medicines and PECTIN-K SUSPENSION**").

Stop using PECTIN-K SUSPENSION and see a doctor if your symptoms worsen or do not improve after 2 days.

If you take more PECTIN-K SUSPENSION than you should

In overdose, side effects can be precipitated and/or be of increased severity (see "**Possible side effects**").

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

If you forget to take PECTIN-K SUSPENSION

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

4. Possible side effects

PECTIN-K SUSPENSION can have side effects.

Not all side effects reported for PECTIN-K SUSPENSION are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking PECTIN-K SUSPENSION, please consult your healthcare provider for advice.

Side effects with frequency unknown:

- Constipation. This side effect is usually mild and temporary, but may less frequently lead to faecal impaction (a large lump of dry, hard stool that stays stuck in the rectum).
- Temporary flatulence (passing gas) and swelling of the abdomen.
- Obstruction or blockage in your intestines.

If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.

Reporting of side effects

If you get side effects, talk to your doctor or pharmacist. You can also report side effects to SAHPRA online:

https://www.sahpra.org.za/Publications/Index/8.

By reporting side effects, you can help provide more information on the safety of PECTIN-K SUSPENSION.

5. How to store PECTIN-K SUSPENSION

Store all medicines out of reach of children.

Store in the original container in a cool, dry place at or below 25 °C, and keep tightly closed.

Do not store in a bathroom.

Do not use after the expiry date stated on the label.

Return all unused medicine to your pharmacist.

Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

6. Contents of the pack and other information

What PECTIN-K SUSPENSION contains

The active substances are kaolin (light) and apple pectin.

Each 15 ml contains:

Kaolin (light)	3,0 g
Apple Pectin	0,220 g

The other ingredients are carmellose sodium, methyl hydroxybenzoate, propyl hydroxybenzoate, propylene glycol, purified water, sodium hydroxide (for pH-adjustment), sodium saccharin and Toffee Creamy Flavour F1744 (butterscotch flavour).

Preservatives:	Methyl hydroxybenzoate 0,1% *m/v*
	Propyl hydroxybenzoate 0,02 % *m/v*

Contains sweetener: Sodium saccharin 15 mg

What PECTIN-K SUSPENSION looks like and contents of the pack:

A white to yellowish-white suspension with a butterscotch flavour.

Packed in 50 ml or 100 ml amber PVC bottles into an outer carton, and 2,5 ℓ amber HDPE bottles.

Not all pack sizes may be marketed.

Holder of Certificate of Registration

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Access to the corresponding Professional Information:

Refer to the SAHPRA website.