

UNI-ISABGOL (Ispaghula Husk Oral Powder)

Psyllium Husk (100% w/w)

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What Uni-Isabgol is used for

To improve bowel movement in cases of constipation

How Uni-Isabgol works

Uni-Isabgol is high in natural fibre which will help to restore and maintain body's regularity.

Before you use Uni-Isabgol

-When you must not use it

- Allergic (hypersensitivity) to psyllium husk.
- If you have intestinal obstruction, faecal impaction natural or drug-induced reduction of gut movement and a condition in which colon muscle has lost its strength such as senile megacolon.

-Before you start to use it

Pregnancy and lactation

Uni-Isabgol may be used during pregnancy and lactation since the ispaghula husk is not absorbed from the gastrointestinal tract.

-Taking other medicines

Inform your doctor or pharmacist before taking this medicines, including any that you get without a prescription from your pharmacy, supermarket or health food shop.

Ispaghula and other bulk-forming laxatives may delay or reduce the gastrointestinal absorption of other medicines such as cardiac glycosides, coumarin derivatives, lithium, or vitamins (such as vitamin B12) and minerals (such as calcium, iron, or zinc).

Intervals of 30 minutes to 1 hour are recommended between ispaghula and other medicines or food, although some

recommended as much as 3 hours between bulk-forming laxatives and other medicines. The dose of insulin may need to be reduced in diabetic individuals taking ispaghula.

How to use Uni-Isabgol

-How much to use

Always use Uni-Isabgol exactly as your doctor has prescribed. You should check with your doctor or pharmacist if in doubt.

The usual dose:

Adults and children over 12 years: Two teaspoonfuls morning and evening.

Children 6–12 years: Half to one teaspoonful depending on size and age, morning and evening.

Children under 6 years: To be taken only when prescribed by a doctor. Half to one teaspoonful depending on size and age, morning and evening.

The last dose should not be taken immediately before going to sleep.

If there have been no bowel movements after 3 days of treatment or if abdominal pain occurs or in case of any irregularity of faeces, the use of psyllium should be discontinued and a doctor should be consulted.

*Remarks: Two teaspoonfuls are approximately 3.5 grams.

Other suggestions for use:

Mixes with any food and beverage without affecting taste:

- Mix Uni-Isabgol with any fresh fruit juice or favourite drinks. Stir well before drinking.
- Sprinkle Uni-Isabgol contents on favourite food.
- Mix Uni-Isabgol with any hot beverage, stir well before drinking.
- Always take with at least 150 mL of water or other liquid.

-When to use it

Use as directed by your doctor or pharmacist.

-How long to use it

Continue taking Uni-Isabgol as your doctor recommended. If symptoms persist, consult your doctor.

-If you forget to use it

Consult your doctor or pharmacist on what you should do if you forget to use it.

Take the missed dose as soon as you remember. If it is almost time for your next dose, wait until then to take the medicine and skip the missed dose. Do not take a double dose to make up for the missed dose.

-If you use too much (overdose)

Contact your doctor immediately or go to the Emergency Department of your nearest hospital, if you think you or anyone else may have taken too much of this medicine. Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention.

In the event of over dosage, you may notice abdominal discomfort and flatulence.

While you are using Uni-Isabgol

-Things you must do

Tell all the doctors, dentists and pharmacists treating you that you are taking Uni-Isabgol.

-Things you must not do

- Do not take more than the recommended dose unless your pharmacist or doctor tells you.
- Do not take any new medicines without consulting your doctor or pharmacist.
- Do not give Uni-Isabgol to anyone else, even if they have the same symptoms or condition as you.

-Things to be careful of

- Please consume a large amount of fluid/water when taking this product.
- Uni-Isabgol should be stirred into a glass of water and taken immediately, preferably after meals.
- When preparing the product for use, it is important to try to avoid inhaling any of the powder in order to minimize the risk of sensitization to the active ingredient.

Side effects

Like all medicines, Uni-Isabgol can cause side effects, although not everybody gets them.

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If side effects persist, do not take the medicine and refer to the doctor.

Tell your doctor if you notice any of the following hypersensitivity side effects or notice any other effects not listed:

- rhinitis (stuffy nose, runny nose and sneezing)
- conjunctivitis (eye redness)
- bronchospasm (difficulty in breathing)
- anaphylaxis (severe allergic reaction)

A small amount of flatulence and abdominal distension may sometimes occur.

You may report any side effects or adverse drug reactions directly to the National Centre for Adverse Drug Reaction Monitoring by calling Tel: 03-78835550, or visiting the website npra.moh.gov.my (Public → Reporting Medicinal Problems / Side Effects / AEFI / Vaccine Safety).

Storage and disposal of Uni-Isabgol

-Storage

Keep container tightly closed. Store below 30°C. Protect from moisture. Keep out of reach of children.

-Disposal

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.

Product description

-What it looks like

Pale to medium buff colored husks. Faint characteristic or bland mucilaginous taste. After reconstitution, it forms a gel like gelatinous mass.

-Ingredients

-Active ingredient
Psyllium Husk.

-Inactive ingredients
None.

-MAL number

MAL14125077X

Manufacturer and Product

Registration Holder

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