



**If you forget to take Care Senna Tablets:**

If you miss a dose, take your next dose at the usual time. Do not take two doses at the same time to make up for a missed dose. Always consult your doctor or pharmacist if you need further advice.

**4. POSSIBLE SIDE EFFECTS:**

Like all medicines this product can cause side effects, but not everyone gets them.

**If any of the following or other side effects occur, stop taking this product and consult your doctor or pharmacist:**

- The product may produce abdominal pain, spasms and diarrhoea, in particular in patients with irritable colon.
- Chronic use may lead to albuminuria and haematuria which is albumin or red blood cells in the urine.
- Chronic use may cause pigmentation of the gastrointestinal tract which usually recedes when the product is no longer taken.
- Yellow or red-brown discolouration of urine may occur during the treatment, but is harmless.
- Allergic reactions such as local, or more widespread, skin rash, hives (skin bumps) or itchiness around the anus. The frequency is not known.

**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 the Yellow Card Scheme at: [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard)

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

**5. HOW TO STORE CARE SENNA TABLETS:**

**Keep out of the reach and sight of children.**

Do not use Care Senna Tablets after the expiry date. The expiry date is printed on the blister and base of carton.

Do not store above 25 °C. Store in the original packaging.

Return any unused medicine to your pharmacist for safe disposal.

**6. FURTHER INFORMATION:**

**Each tablet contains:**

Alexandrian Senna fruit (pods)  
(*Cassia senna* L.(*C. acutifolia* Delile) fruit)  
corresponding to 7.5 mg hydroxyanthracene glycosides, calculated as Sennoside B.

**This product also contains:**

Magnesium Stearate, Fennel Seed, Croscarmellose Sodium, Calcium Hydrogen Phosphate Dihydrate, Microcrystalline Cellulose, Colloidal Anhydrous Silica.

Care Senna Tablets are uncoated biconvex greenish tablets available in packs/blisters of 20, 60 and 100 not all pack sizes may be marketed.

**Product Licence Holder and Manufacturer:**

Potters, Wigan WN5 0JZ  
PL 44893/0031

**Distributed by:** Thornton & Ross Ltd.,  
Huddersfield, HD7 5QH, UK.

If you would like a version of this leaflet in an alternative format, please call **01484 842217**

Leaflet last revised: July 2015  
LF00000485  
24740303

**PATIENT INFORMATION LEAFLET**

# CARE SENNA TABLETS

SENNA PODS

**PLEASE READ THESE  
INSTRUCTIONS BEFORE USE**



**This medicine is available without prescription. However, you still need to take Care Senna Tablets carefully to get the best results from them.**

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- You must contact a doctor or pharmacist if your symptoms worsen or do not improve.
- If you experience any of the side effects listed in the leaflet, or if you notice any other side effects, please consult your doctor or pharmacist.

#### **IN THIS LEAFLET:**

1. What **Care Senna Tablets** are and what they are used for
2. Before you take **Care Senna Tablets**
3. How to take **Care Senna Tablets**
4. Possible side effects
5. How to store **Care Senna Tablets**
6. Further information

#### **1. WHAT CARE SENNA TABLETS ARE AND WHAT THEY ARE USED FOR:**

Care Senna Tablets are a herbal medicinal product used for the short term relief of occasional constipation.

Contains Senna Pods.

Care Senna Tablets do not help with weight loss. For full details, see Section 6.

#### **2. BEFORE YOU TAKE CARE SENNA TABLETS:**

##### **Do not take Care Senna Tablets:**

- if you are allergic to any of the ingredients
- if you have blockage or narrowing of the gastro-intestinal tract or bowel (ileus, intestinal obstruction or stenosis)
- if you have paralysis or a lack of muscle tone in the bowel (atony)
- if you have appendicitis, inflammatory bowel disease such as Crohn's disease or ulcerative colitis
- if you have severe dehydration
- if you have persistent or undiagnosed abdominal complaints e.g. pain, nausea or vomiting
- if you have faecal impaction or rectal bleeding for which you don't know the cause, or blood in stools
- if you have already taken a laxative and you are still constipated
- if you have had a sudden change in bowel habit that has lasted for more than 2 weeks
- if you are pregnant or breastfeeding
- if you are under 12 years of age
- if you have kidney or heart failure.

##### **Consult your doctor, before taking this medicine:**

- if you suffer from kidney disorders
- if you are taking medicines for a heart condition (e.g. cardiac glycosides,

antiarrhythmic medicines e.g. quinidine), medicines inducing QT prolongation, diuretics, adrenocorticosteroids or liquorice root preparations.

##### **Taking other medicines:**

You should also consult your doctor or pharmacist for advice if you are taking or have recently taken any other medicines, including medicines obtained without a prescription.

##### **Pregnancy and breastfeeding:**

You should not use Care Senna Tablets if you are pregnant or breastfeeding because there is no evidence that it is safe to do so.

#### **3. HOW TO TAKE CARE SENNA TABLETS:**

It is important that you follow these instructions carefully.

##### **For oral use.**

##### **Adults and the elderly:**

Take two tablets at bedtime when required.

##### **Children over 12 years:**

One tablet at night when required.

##### **The use in children under 12 years is not recommended.**

##### **Do not exceed the stated dose.**

Use for more than 1 - 2 weeks requires medical supervision.

##### **Consult your doctor, after taking this medicine:**

- if your symptoms worsen or persist
- if there is no bowel movement after 3

days and laxatives are needed every day

- if abdominal pain persists.

**If you take too many Care Senna Tablets:** Stop taking the medicine and consult your doctor or pharmacist.

##### **It may be harmful to:**

- Take Care Senna Tablets for too long
- Take too much of Care Senna Tablets

This is because taking too much for too long may lead to:

- A 'lazy bowel', where the muscle in the bowel becomes too relaxed. This means that bowel emptying happens less often. This can lead to long-term constipation.
- Imbalance of fluids and salts in the body. This can affect the tightness of muscles such as those in the bowel. It can also affect the salts in the blood.
- Low levels of potassium in the blood (called 'hypo-kalaemia'). This can make you tired, dizzy, make your muscles weak and cause uneven heart-beat.
- Dehydration, making you thirsty, feel faint and giving you headaches. It can also mean you cannot pass enough urine.

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