SCHEDULING STATUS

S0

PROPRIETARY NAME AND DOSAGE FORM
PURGOLENE (13,8 g sachet - Powder for oral solution)

COMPOSITION
Each 13,8 g sachet of **PURGOLENE** powder contains:

Macrogol (PEG) 3350	13,125 g
Sodium bicarbonate	178,5 mg
Sodium chloride	350,7 mg
Potassium chloride	46,6 mg

The content of electrolyte ions per sachet when made up to 125 mℓ of oral solution is as follows:

Sodium	65 mmol/ℓ
Chloride	53 mmol/ℓ
Potassium	5,4 mmol/ℓ
Bicarbonate	17 mmol/ℓ

Excipients:
Acesulfame potassium (E950) and lemon flavour 9021145. Contains no sugar. Contains 75,0 mg acesulfame potassium (E950) as a sweetener.

PHARMACOLOGICAL CLASSIFICATION
A 11.5 Medicines acting on the gastro-intestinal tract. Laxatives.

PHARMACOLOGICAL ACTION
Pharmacodynamic properties:
PURGOLENE, an iso-osmotic laxative, is a combination of macrogol 3350 (polyethylene glycol) and electrolytes.
Macrogol 3350 acts by virtue of its osmotic action in the gut, which induces a laxative effect. Macrogol 3350 increases the stool volume, which triggers colon motility via neuromuscular pathways.
Electrolytes combined with macrogol 3350 are exchanged across the intestinal barrier (mucosa) with serum electrolytes and excreted in faecal water without net gain or loss of sodium, potassium and water.
Pharmacokinetic properties:
Macrogol 3350 is unchanged along the gut. It is virtually unabsorbed from the gastro-intestinal tract. Any macrogol 3350 that is absorbed is excreted via the urine.
The laxative action of polyethylene glycol has a time course which will vary according to the severity of the constipation being treated.

INDICATIONS
For the treatment of chronic constipation.

CONTRAINDICATIONS
Known hypersensitivity to polyethylene glycol or any of the ingredients of **PURGOLENE**.
Intestinal perforation or obstruction due to structural or functional disorder of the gut wall, ileus, gastric retention, peptic ulceration and severe inflammatory conditions of the intestinal tract such as Crohn's disease, ulcerative colitis and toxic megacolon.
Safety in pregnancy has not been established.
Not recommended for children under 12 years of age.

WARNINGS AND SPECIAL PRECAUTIONS
PURGOLENE should not be used in the presence of abdominal pain, nausea or vomiting.
PURGOLENE should not be used continuously unless directed by your doctor. Frequent or prolonged use of laxatives may result in dependence and loss of normal bowel function.
If patients develop any symptoms indicating shifts of fluids/electrolytes (e.g. oedema, shortness of breath, increasing fatigue, dehydration, cardiac failure) **PURGOLENE** should be stopped immediately and electrolytes measured and any abnormality should be treated appropriately.
If there is a sudden change in bowel habits that has persisted for a period greater than 2 weeks, a medical practitioner should be consulted.
Rectal bleeding or failure to have a bowel movement after use of **PURGOLENE** may indicate a serious condition. **PURGOLENE** use should be discontinued and medical advice obtained.

Effects on ability to drive and use machines
PURGOLENE has no influence on the ability to drive and use machines.

INTERACTIONS
No clinical interactions with other medicinal products have been reported.
Macrogol raises the solubility of medicinal products that are soluble in alcohol and relatively insoluble in water. There is therefore a theoretical possibility that the absorption of such medicinal products could be transiently reduced during use with **PURGOLENE.**

PREGNANCY AND LACTATION
The safe use of **PURGOLENE** during pregnancy and lactation has not been established.

DOSAGE AND DIRECTIONS FOR USE
Adults: 1 or 3 sachets daily in divided doses, according to individual response. The powder in each sachet should be dissolved in 125 mℓ water and taken orally.
Elderly: Initially one sachet per day is recommended.
No dosage change is needed to be made for patients with renal insufficiency.
A course of treatment with **PURGOLENE** should normally not exceed 2 weeks, although this can be repeated if required. Extended use may be necessary in the care of patients with severe chronic or resistant constipation, secondary to multiple sclerosis or Parkinson's Disease, or induced by regular constipating medication, in particular opioids and antimuscarinics.
For extended use, the dose can be adjusted down to 1 or 2 sachets daily, in divided doses, each dissolved in 125 mℓ water and taken orally.

SIDE EFFECTS
Immune system disorders
Frequency unknown: Allergic reactions, including anaphylaxis and urticaria.
Gastrointestinal disorders
Frequency unknown: Abdominal pain, mild diarrhoea which usually responds to dose reduction, vomiting, nausea, abdominal distension, abdominal cramps, borborygmi, anal irritation.

KNOWN SYMPTOMS OF OVERDOSAGE AND PARTICULARS OF ITS TREATMENT
(See **'SIDE EFFECTS'** and **'WARNINGS AND SPECIAL PRECAUTIONS'.**)
In the case of gross accidental over dosage, extensive fluid loss by diarrhoea or vomiting may require correction with generous amounts of fluid and electrolytes. Severe pain or distension associated with overdosage can be treated by nasogastric aspiration.

IDENTIFICATION
White, free flowing, flaky powder with a lemon flavour and odour and a sweet taste. When the powder is dissolved, the resultant solution is clear and colourless or slightly hazy.

PRESENTATION
Cartons containing 5, 8, 10 or 20 aluminium foil sachets coated with low density polyethylene.

STORAGE INSTRUCTIONS
Sachet: Store at or below 25 ºC.
Solution: The prepared oral solution should be taken immediately and not stored.
KEEP OUT OF REACH OF CHILDREN.

REGISTRATION NUMBER
42/11.5/0412

NAME AND BUSINESS ADDRESS OF THE HOLDER OF THE CERTIFICATE OF REGISTRATION
CIPLA MEDPRO (PTY) LTD
Building 9, Parc du Cap,
Mispel Street
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7530, RSA

DATE OF PUBLICATION OF THE PACKAGE INSERT
9 June 2016

CM767B/SA

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS

S0

PROPRIETARY NAME, STRENGTH AND PHARMACEUTICAL FORM
PURGOLENE (Powder for oral solution)

Read this leaflet carefully, because it contains important information.
PURGOLENE is available without a doctor's prescription, for you to treat a mild illness. Nevertheless, you still need to use **PURGOLENE** carefully to get the best results from it.
- Keep this leaflet. You may need to read it again.
- Do not share **PURGOLENE** with any other person.
- 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.

WHAT PURGOLENE CONTAINS
The active substances are macrogol (PEG) 3350, sodium chloride, sodium bicarbonate and potassium chloride.
Each 13,8 g sachet of **PURGOLENE** powder contains:

Macrogol (PEG) 3350	13,125 g
Sodium bicarbonate	178,5 mg
Sodium chloride	350,7 mg
Potassium chloride	46,6 mg

When **PURGOLENE** powder is made into a drink with 125 mℓ of water, each sachet gives the equivalent of:

Sodium	65 mmol/ℓ
Chloride	53 mmol/ℓ
Potassium	5,4 mmol/ℓ
Bicarbonate	17 mmol/ℓ

The other ingredients in **PURGOLENE** are acesulfame potassium (E950) and lemon flavour 9021145. It contains no sugar. Contains 75,0 mg acesulfame potassium (E950) as a sweetener.

WHAT PURGOLENE IS USED FOR
PURGOLENE is a laxative for the treatment of constipation in adults, adolescents and elderly. It is not recommended for children below 12 years of age. **PURGOLENE** helps you to have a bowel movement.

BEFORE YOU TAKE PURGOLENE
Do not take PURGOLENE
If you are hypersensitive to macrogol, sodium, chloride, sodium bicarbonate, potassium chloride or any of the ingredients of **PURGOLENE.**
Do not take PURGOLENE if your doctor has told you that you have
- a blockage in your intestine (gut)
- a perforated gut wall
- severe inflammatory conditions like Crohn's disease, ulcerative colitis and toxic megacolon.
- Ileus (paralysis of the bowel)

Take special care with PURGOLENE
- If you have stomach ache, feel nauseous or are vomiting.
- Consult your doctor before using **PURGOLENE** if you notice a sudden change in bowel habits that persists for longer than 2 weeks.
- Consult your doctor if you experience rectal bleeding or do not have a bowel movement after using **PURGOLENE**
- Do not use **PURGOLENE** frequently or continuously as this may cause dependence and a loss of normal bowel function.
- Safety in pregnancy has not been established.

Taking PURGOLENE with food and drink
PURGOLENE can be taken with or without food or drink. It is recommended to take **PURGOLENE** before a meal.
Pregnancy and breastfeeding
If you are pregnant or breastfeeding your baby while taking **PURGOLENE**, please consult your doctor, pharmacist or other healthcare professional for advice.
Driving and using machines
PURGOLENE is not expected to affect your ability to drive and use machines.
Taking other medicines with PURGOLENE
Always tell your healthcare professional if you are taking any other medicine. (This includes complementary or traditional medicines.) If you are taking other medicines on a regular basis, the use of **PURGOLENE** with these medicines may cause undesirable interactions. Please consult your doctor, pharmacist or other healthcare professional for advice.

HOW TO TAKE PURGOLENE
Always take **PURGOLENE** exactly as your doctor has instructed you. You should check with your doctor or pharmacist if you are unsure.
A dose of **PURGOLENE** is 1 sachet. Take this 1 – 3 times a day according to the severity of your constipation. The dose may be adjusted up or down, according to how hard or soft your stool is. When **PURGOLENE** is first started, it may take a few days to start working. This is because **PURGOLENE** works on the colon (large intestine). **PURGOLENE** has to travel from the mouth to the colon (on average this takes about 1 ½ days) and then about another day for the stool to travel from the end of the colon out of the body.

The usual dose is:
Adults: 1 sachet 1 to 3 times a day. For extended use, 1 or 2 sachets a day.
Elderly: Initially one sachet per day.
If you have the impression that the effect of **PURGOLENE** is too strong or too weak, talk to your doctor or pharmacist.
Instructions for use:
1. Open one sachet and pour the contents into a glass.
2. Add 125 mℓ (½ glass) of water.
3. Stir the mixture well until all the powder has dissolved and the **PURGOLENE** oral solution is slightly hazy or clear.
4. Drink the solution.
5. If you like, you can add a flavour such as orange squash to the drink.

Duration of treatment
Treatment with **PURGOLENE** usually lasts for about 2 weeks.
If your constipation is caused by an illness such as Parkinson's disease or multiple sclerosis (MS) or if you take medicines that cause constipation, your doctor may recommend that you take **PURGOLENE** for longer than 2 weeks.
If you take more PURGOLENE than you should
You may develop diarrhoea. Stop taking **PURGOLENE** until the diarrhoea clears. In the event of overdosage, consult your doctor or pharmacist. If neither is available, seek help at the nearest hospital or poison centre.
If you forget to take PURGOLENE
Take the dose as soon as you remember to take it. Do not take a double dose to make up for forgotten individual doses.

POSSIBLE SIDE EFFECTS
PURGOLENE can have side effects.
You may experience an allergic reaction, such as a life-threatening allergic reaction called anaphylaxis. You may experience stomach ache, or have rumbles, feel bloated, sick and/or nauseous. You may have mild diarrhoea when starting to take **PURGOLENE.**
If any of the above are troublesome or last more than a few days, tell your doctor or pharmacist.
If you feel weak, breathless, very thirsty with a headache or get puffy ankles, stop taking **PURGOLENE** and tell your doctor immediately.
Not all side effects reported for **PURGOLENE** are included in this leaflet. Should your general health worsen while taking **PURGOLENE** please consult your doctor, pharmacist or other healthcare professional for advice.

STORING AND DISPOSING OF PURGOLENE
Keep all medicines out of the reach and sight of children.
Store **PURGOLENE** at or below 25 ºC.
Do not use after the expiry date on the sachet and carton.
Once you have dissolved **PURGOLENE** in water to form the solution and if you cannot drink it straight away, keep it covered and store it in the fridge (2 ºC – 8 ºC). Throw away any solution not used within a 24 hour period.
Return all unused medicines to your pharmacist.
Do not dispose of unused medicines in drains or sewerage systems (e.g. toilets).

PRESENTATION OF PURGOLENE
PURGOLENE is available in cartons each containing 5, 8, 10 or 20 aluminium foil sachets coated with low density polyethylene.

IDENTIFICATION OF PURGOLENE
Each sachet contains a white, free flowing, flaky powder with a lemon flavour and odour and a sweet taste. When dissolved in water, the solution is clear or slightly hazy.

REGISTRATION NUMBER
42/11.5/0412

NAME AND BUSINESS ADDRESS OF THE HOLDER OF THE REGISTRATION CERTIFICATE
CIPLA MEDPRO (PTY) LTD
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DATE OF PUBLICATION OF THE PATIENT INFORMATION LEAFLET
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CM767B/SA

SKEDULERINGSTATUS

S0

EIENDOMSNAAM EN DOSEERVORM
PURGOLENE (13,8 g sakkie - Poeier vir mondelingse oplossing)

SAMESTELLING
Elke sakkie van 13,8 g **PURGOLENE** poeier bevat:

Makrogol (PEG) 3350	13,125 g
Natriumbikarbonaat	178,5 mg
Natriumchloried	350,7 mg
Kaliumchloried	46,6 mg

Die inhoud van elektroliet-ione per sakkie na verdunning tot 125 mℓ oplossing, is soos volg:

Natrium	65 mmol/ℓ
Chloried	53 mmol/ℓ
Kalium	5,4 mmol/ℓ
Bikarbonaat	17 mmol/ℓ

Onaktiewe bestanddele:
Kaliumasesulfaam (E950) en suurlemoengeurmiddel 9021145. Bevat geen suiker nie. Bevat 75,0 mg kaliumasesulfaam (E950) as versoeter.

FARMAKOLOGIESE KLASSIFIKASIE
A 11.5 Medisyne wat op die spysverteringskanaal werk. Lakseermiddels.

FARMAKOLOGIESE WERKING
Farmakodinamiese eienskappe:
PURGOLENE, 'n iso-osmotiese lakseermiddel, is 'n kombinasie van makrogol 3350 (poliëtileenglikol) en elektroliete.
Makrogol 3350 oefen sy lakserende effek op grond van sy osmotiese uitwerking op die spysverteringskanaal uit. Dit vermeerder die volume van stoelgang, wat kolon motilitiet aanhelp via neuromuskulêre weë.
Die elektroliete, gekombineer met makrogol 3350, word uitgeruil oor die intestinale wand (mukosa) met serum elektroliete en word uitgeskei in fekale water sonder 'n netto toename of verlies in natrium, kalium of water.
Farmakokinetiese eienskappe:
Makrogol 3350 beweeg onveranderd deur die spysverteringskanaal. Dit word feitlik glad nie uit die spysverteringskanaal geabsorbeer nie. Enige makrogol 3350 wat geabsorbeer word, word deur die uriene uitgeskei.
Die lakserende werking van makrogol 3350 het 'n tydsduur wat wissel in ooreenkoms met die erns van die hardlywigheid wat behandel word.

INDIKASIES
Vir die behandeling van chroniese hardlywigheid.

KONTRA-INDIKASIES
Hipersensitiwiteit teenoor die aktiewe bestanddele of enige van die bestanddele van **PURGOLENE.**
Intestinale perforasie of verstopping as gevolg van strukturele of funksionele siekte van die ingewandswand, ileus, gastriese retensie, peptiese seervorming en ernstige inflammatoriese toestande van die spysverteringskanaal, soos bv. Crohn se siekte, ulseratiewe kolitis en toksiese megakolon.
Nie aanbeveel vir gebruik in kinders jonger as 12 jaar nie.

WAARSKUWINGS EN SPESIALE VOORSORGMAATREËLS
PURGOLENE behoort nie in die teenwoordigheid van abdominale pyn, naarheid of braking gebruik te word nie.
PURGOLENE moet nie aanhoudend gebruik word nie, tensy deur u geneesheer voorgeskryf. Gereelde en langdurige gebruik van lakseermiddels mag afhanklikheid en verlies van normale spysverteringskanaalfunksie veroorsaak.
Indien die pasiënt enige simptome van elektroliet- of vogskuiwings toon (bv. edeem, kortasem, verergerende moegheid, dehidrasie, kardiale versaking) behoort **PURGOLENE** onmiddellik gestaak te word, die elektroliete bepaal te word en, indien abnormaal, behoort dit korrek behandel te word.
Indien 'n skielike verandering in opelyf, wat vir langer as 2 weke aanhou opgemerk word, moet 'n geneesheer geraadpleeg word.
Rektale bloeding of onvermoë om opelyf te hê na die gebruik van **PURGOLENE** mag aanduidend van 'n ernstige siektetoestand wees. Staak gebruik en raadpleeg 'n geneesheer.

Effek op bestuur en beheer van masjinerie
PURGOLENE het geen invloed op jou vermoë om te bestuur en masjinerie te gebruik nie.

INTERAKSIES
Geen kliniese interaksies met ander medikasies is geraporteer nie.
Makrogol verhoog die oplosbaarheid van medisinale produkte wat oplosbaar is in alkohol en relatief onoplosbaar is in water. Daar is dus die teoretiese moontlikheid dat die absorpsie van sulke medisinale produkte effens verlaag kan word tydens die gebruik van **PURGOLENE.**

SWANGERSKAP EN LAKTASIE
Die veilige gebruik van **PURGOLENE** tydens swangerskap en laktasie is nog nie bewys nie.

DOSIS EN GEBRUIKSAANWYSINGS
Volwassenes: 1 tot 3 sakkies per dag in verdeelde dosisse, volgens individuele reaksie. Elke sakkie moet in 125 mℓ water opgelos en mondelings ingeneem word.
Bejaardes: Aanvanklik word een sakkie per dag aanbeveel.
Geen dosisaanpassing is nodig vir pasiënte met nier-ontoereikendheid nie.
'n Kursus **PURGOLENE** moet gewoonlik nie langer as 2 weke duur nie, alhoewel die kursus herhaal kan word indien nodig.
Verlengde gebruik mag nodig wees in die behandeling van pasiënte met erge chroniese weerstandbiedende hardlywigheid, sekondêr tot veelvuldige sklerose of Parkinson se siekte, of geïnduseer deur gereelde gebruik van medisyne wat hardlywigheid veroorsaak, veral opioïede en anti-muskariniese middels.
Vir verlengde gebruik, kan die dosis aangepas word na 1 of 2 sakkies daagliks, in verdeelde dosisse. Los elke sakkie op in 125 mℓ water en neem mondelings.

NEWE-EFFEKTE
Immuunstelselversteurings:
Frekwensie onbekend: Allergiese reaksies, insluitend anafilaktiese reaksies en urtikarie.
Gastrointestinale versteurings:
Frekwensie onbekend: Abdominale uitsetting, abdominale pyn, buikrommeling, naarheid, abdominale krampe, matige diarree wat gewoonlik reageer op dosis verlaging, braking, en anale irritasie.

BEKENDE SIMPTOME VAN OORDOSERING EN BESONDERHEDE VAN DIE BEHANDELING DAARVAN
(Sien **'NEWE-EFFEKTE'** en **'WAARSKUWINGS EN SPESIALE VOORSORGMAATREËLS'.**)
In gevalle waar oormatige oordosering per abuis plaasvind mag grootskaalse vloeistofverlies, as gevolg van diarree of braking, reggestel word met groot hoeveelhede vloeistof en elektroliete. Ernstige pyn of uitsetting geassosieer met oordosering kan met nasogastriese aspirasie behandel word.

IDENTIFIKASIE
Wit, vryvloeiende vlokkerige poeier met 'n suurlemoengeur en -reuk en 'n soet smaak. Die oplossing is òf helder òf effens wasig.

AANBIEDING
Kartonne met 5, 8, 10 of 20 aluminium foeliesakkies wat met laedigtheid poliëtileen bedek is.

BERGINGSAANWYSINGS
Sakkie: Bewaar teen of benede 25 ºC.
Oplossing: Die oplossing moet onmiddellik gedrink en nie gebêre word nie.
HOU BUITE BEREIK VAN KINDERS.

REGISTRASIENOMMER
42/11.5/0412

NAAM EN BESIGHEIDSADRES VAN DIE HOUER VAN DIE REGISTRASIESERTIFIKAAT:
CIPLA MEDPRO (EDMS) BPK
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Mispelstraat
Bellville
7530, RSA

DATUM VAN PUBLIKASIE VAN HIERDIE VOUBILJET
9 Junie 2016

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11/2017
BRITEPAK

PASIËNT INLIGTINGSBLAD

SKEDULERINGSTATUS

S0

EIENDOMSNAAM, STERKTE EN DOSEERVORM
PURGOLENE (Poeier vir mondelingse oplossing)

Lees asseblief hierdie pamflet sorgvuldig deur, aangesien dit belangrike inligting vir u bevat.
PURGOLENE is bedoel om 'n geringe siektetoestand te behandel en is sonder 'n dokter se voorskrif beskikbaar. Nietemin moet jy **PURGOLENE** nogsteeds versigtig gebruik om die beste resultate te verkry.
- Hou hierdie pamflet. Dit mag gebeur dat jy dit weer moet lees.
- Moenie **PURGOLENE** met enigiemand anders deel nie.
- Vra jou apteker indien jy nog inligting benodig.
- Jy moet 'n dokter gaan sien indien jou simptome vererger of ná 7 dae nog nie verbeter het nie.

WAT PURGOLENE BEVAT
Die aktiewe bestanddele is makrogol (PEG) 3350, natriumchloried, natriumbikarbonaat, kaliumchloried.
Elke 13,8 g sakkie **PURGOLENE** poeier bevat:

Makrogol (PEG) 3350	13,125 g
Natriumbikarbonaat	178,5 mg
Natriumchloried	350,7 mg
Kaliumchloried	46,6 mg

Wanneer **PURGOLENE** poeier in 125 mℓ water opgelos word om te drink, lewer elke sakkie die ekwivalent van:

Natrium	65 mmol/ℓ
Chloried	53 mmol/ℓ
Kalium	5,4 mmol/ℓ
Bikarbonaat	17 mmol/ℓ

Onaktiewe bestanddele:
Die ander bestanddele in **PURGOLENE** is kaliumasesulfaam (E950) en suurlemoengeurmiddel 9021145. Bevat geen suiker nie. Bevat 75,0 mg kaliumasesulfaam (E950) as versoeter.

WAARVOOR PURGOLENE GEBRUIK WORD
PURGOLENE is 'n lakseermiddel vir die behandeling van hardlywigheid in volwassenes, kinders ouer as 12 jaar en bejaardes. Dit word nie aanbeveel vir kinders jonger as 12 jaar nie. **PURGOLENE** help om 'n gemaklike stoelgang te hê.

VOOR JY PURGOLENE NEEM
Moenie PURGOLENE neem
As jy hipersensitief of allergies is vir makrogol, natriumchloried, natriumbikarbonaat, kaliumchloried of enige van die bestanddele van **PURGOLENE** nie.
Moenie PURGOLENE neem indien jou dokter met jou meegedeel het dat jy enige van die volgende het nie:
- 'n verstopping in jou ingewande (derms)
- 'n geperforeerde dermwand
- erge inflammatoriese buiksiekte soos ulseratiewe kolitis, Crohn's se siekte of toksiese megakolon (vergrote dikderm)
- ileus (dermobstruksie)

Neem spesiale voorsorg met PURGOLENE
- Indien jy maagpyn het, naar voel of braak.
- Raadpleeg jou dokter voordat jy **PURGOLENE** gebruik indien jy 'n skielike verandering in opelyfgewoontes wat vir langer as 2 weke duur, ondervind.
- Raadpleeg jou dokter indien jy, nadat jy **PURGOLENE** geneem het, rektale bloeding of geen opelyf ervaar nie.
- Moenie **PURGOLENE** gereeld of vir lang tye gebruik nie, aangesien dit tot afhanklikheid en 'n verlies aan normale dermkanaalfunksie kan lei.
- Veiligheid tydens swangerskap en borsvoeding is nog nie vasgestel nie
- Dit is nie bepaal of dit veilig is om **PURGOLENE** tydens swangerskap en borsvoeding te gebruik nie.

Die neem van PURGOLENE saam met kos en drank
PURGOLENE kan enige tyd met of sonder kos of drinkgoed geneem word. Daar word egter aanbeveel dat **PURGOLENE** voor 'n maaltyd geneem word.
Swangerskap en borsvoeding
Indien jy swanger is of jou baba borsvoed terwyl jy **PURGOLENE** gebruik, raadpleeg asseblief jou dokter, apteker of ander gesondheidsorgdeskundige.
Bestuur en die gebruik van masjinerie
PURGOLENE beïnvloed nie jou vermoë om te bestuur of masjinerie te gebruik nie.
Die gebruik van ander medisyne saam met PURGOLENE
Indien jy ander medisyne, insluitend komplementêre of tradisionele medikasie, op 'n gereelde basis neem, kan die gelyktydige gebruik van **PURGOLENE** tot ongewenste effekte aanleiding gee. Raadpleeg asseblief jou dokter, apteker of ander gesondheidsorgdeskundige.

HOE OM PURGOLENE TE NEEM
Neem **PURGOLENE** altyd presies soos jou dokter aanbeveel het. Vra jou dokter of apteker indien jy onseker is.
'n Dosering van **PURGOLENE** is 1 sakkie. Neem 'n sakkie 1 – 3 keer per dag na gelang van die erns van jou hardlywigheid. Die dosering kan, na gelang van hoe hard of sag jou stoelgang is, vermeerder of verminder word. Wanneer **PURGOLENE** vir die eerste keer gebruik word, mag dit 'n paar dae neem voordat dit begin werk.
Die rede is dat **PURGOLENE** in die kolon (dikderm) werk. **PURGOLENE** moet van die mond na die kolon beweeg, wat gemiddeld ongeveer een en 'n halwe dag neem, en dan neem dit ongeveeer nog 'n dag vir die stoelgang om van die bo-punt van die kolon uit die liggaam te beweeg.

Die normale dosering is:
Volwassenes: 1 sakkie 1 tot 3 keer per dag. Vir verlengde gebruik, 1 of 2 sakkies per dag.
Bejaardes: Aanvanklik 1 sakkie per dag.
Indien jy voel dat die effek van **PURGOLENE** te sterk of te swak is, praat met jou dokter of apteker.
Gebruiksaanwysings:
1. Maak 1 sakkie oop en gooi die inhoud in 'n glas.
2. Voeg 125 mℓ (½ glas) water by.
3. Roer die oplossing goed totdat al die poeier opgelos is en die **PURGOLENE** oplossing helder of effens wasig is.
4. Drink die oplossing.
5. Indien jy verkies, kan jy 'n geurmiddel soos bv. lemoensap by die drankie voeg.

Duur van behandeling
Behandeling met **PURGOLENE** duur gewoonlik ongeveer 2 weke.
Indien jou hardlywigheid deur 'n siekte soos bv. Parkinson se siekte of veelvuldige sklerose veroorsaak word, of indien jy medisyne neem wat tot hardlywigheid aanleiding gee, mag jou dokter aanbeveel dat jy **PURGOLENE** vir langer as 2 weke neem.
Indien jy meer van die PURGOLENE gebruik het as wat voorgeskryf is
Jy kan diarree ontwikkel. Staak die gebruik van **PURGOLENE** totdat die diarree opklaar. In geval van 'n oordosering, raadpleeg jou dokter of apteker. Indien nie een van die twee beskikbaar is nie, raadpleeg jou naaste hospitaal of vergiftigingsinligtingsentrum.
Indien jy vergeet het om jou PURGOLENE te neem
Neem die dosering sodra jy weer onthou. Moenie 'n dubbele dosering neem om op te maak vir die dosering wat jy gemis het nie.

MOONTLIKE NEWE-EFFEKTE
PURGOLENE kan newe-effekte tot gevolg hê.
Jy mag dalk 'n allergiese reaksie ondervind wat 'n lewensbedreigende toestand genaamd anafilakse tot gevolg kan hê. Soms kan mense maagpyn of maagrommelings ervaar, of opgeblaas of siek voel. Jy mag geringe diarree ontwikkel wanneer jy net begin om **PURGOLENE** te gebruik.
Indien enige van bogenoemde 'n probleem word of vir langer as twee dae aanhou, raadpleeg jou dokter of apteker.
Indien jy swak voel, uitasem, baie dors met 'n hoofpyn, of geswelde enkels ontwikkel, staak dadelik die gebruik van **PURGOLENE** en vertel onmiddellik jou dokter.
Nie alle newe-effekte wat vir **PURGOLENE** aangemeld is, is in hierdie pamflet ingesluit nie. Raadpleeg asseblief jou dokter, apteker of gesondheidsorgdeskundige vir advies, sou jou algemene gesondheidstoestand agteruit gaan.

BERGING EN WEGDOENING VIR PURGOLENE
Hou alle medisyne buite bereik en sig van kinders.
Bewaar **PURGOLENE** teen of benede 25 ºC.
Moenie ná die vervaldatum op die sakkie en kartonhouer gebruik nie.
Nadat jy **PURGOLENE** met water aangemaak het (opgelos het) en jy kan dit nie dadelik drink nie, bedek die houer en bêre dit in 'n yskas (2 ºC – 8 ºC). Gooi enige oplossing weg wat ná 24 uur nie gebruik is nie.
Neem alle ongebruikte medisyne terug na jou apteker.
Moenie enige ongebruikte medisyne in die drein of afvoerstelsel (bv. toilette) gooi nie.

AANBIEDING VAN PURGOLENE
PURGOLENE is beskikbaar in kartonne met 5, 8, 10 of 20 aluminium foeliesakkies wat met laedigtheid poliëtileen bedek is.

IDENTIFIKASIE VAN PURGOLENE
Elke sakkie bevat 'n wit, vryvloeiende, vlokkerige poeier met 'n suurlemoengeur en –reuk, en 'n soet smaak. Wanneer met water aangemaak, is die oplossing òf helder òf effens wasig.

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