

lax-tab senna
Sennoside B 7.5 mg
PATIENT INFORMATION LEAFLET

1. WHAT LAX-TAB SENNA TABLET IS AND WHAT IT IS USED FOR

lax-tab senna is used for relief of occasional constipation.

2. BEFORE YOU TAKE LAX-TAB SENNA TABLET

Do not take if you:

- Are allergic to any of the ingredients.
- Have blockage or narrowing of the gastro-intestinal tract or bowel (ileus, intestinal obstruction or stenosis).
- Have paralysis or a lack of muscle tone in the bowel (atony).
- Have appendicitis, inflammatory bowel disease such as Crohn's disease or ulcerative colitis.
- Have severe dehydration.
- Have persistent or undiagnosed abdominal complaints e.g. pain, nausea or vomiting.
- Have faecal impaction or rectal bleeding for which you don't know the cause, or blood in your stools.
- Have already taken a laxative and are still constipated.
- Have had a sudden change in bowel habit that has lasted for more than 2 weeks.
- Are pregnant or breast-feeding.
- Have kidney or heart failure.
- Are under 18 years of age unless advised by a medical professional.

Tell your doctor or pharmacist if:

- You suffer from kidney disorders.
- You are taking medicines for a heart condition (e.g. cardiac glycosides, antiarrhythmic medicines e.g. quinidine), medicines inducing QT prolongation, diuretics, adrenocorticosteroids or licorice root preparations.
- You have been told you have an intolerance to some sugars because this medicine also contains lactose monohydrate (15.82 mg per tablet).

When administering this product to incontinent adults, pads should be changed more frequently to prevent extended skin contact with faeces. It is recommended to use changes in diet and bulk forming medicines to control constipation before using this medicine.

Taking other medicines

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

3. HOW TO TAKE LAX-TAB SENNA TABLET

Adults, the elderly and children over 18 years: Swallow one to two tablets at night.

Children 18 years and below: Not recommended.

Do not exceed the stated dose.

New users should start with the lowest dose and increase it to the maximum dose if necessary. Once regularity has been regained, dosage should be reduced and can usually be stopped.

Duration of use

Normally it is sufficient to take this medicinal product up to two to three times a week.

Use for more than 1 week requires medical supervision.

Tell a doctor or pharmacist if:

- The symptoms worsen or persist during the use of the medicinal product.
- There is no bowel movement within 3 days of use.
- You need to take laxatives every day or if abdominal pain persists.

If you take too many tablets:

Consult your doctor and take this leaflet with you.

It may be harmful to take too much of this medicine or take it for too long. This is because it 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 an uneven heartbeat.
- Dehydration, making you thirsty, feel faint and giving you headaches. It can also mean that you cannot pass enough urine.

If you miss a dose:

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 the missed dose. Always consult your doctor if you need further advice.

4. POSSIBLE SIDE EFFECTS

Like all medicines, this medicine can cause side effects, although not everybody gets them.

If any of the following or other side effects occur, stop taking this medicine and consult a doctor or pharmacist:

- Abdominal pain, spasms and diarrhea, in particular these effects may be experienced by patients with irritable colon. In these cases, a reduction in dose may be necessary.

- Hypersensitivity (allergic) reactions, hives (skin bumps), skin itchiness or local or more widespread rash, or asthma.
- Can make you more likely to catch infections.
- Chronic use may lead to albuminuria and haematuria which is albumin or red blood cells in the urine.
- Yellow or red-brown discoloration of urine may occur, which is harmless.
- Chronic use may cause pigmentation of the gastrointestinal tract which usually recedes when the product is no longer taken.
- Low potassium levels in the blood leading to muscle weakness and/or cramps.
- Severe weight loss.
- Changes in the shape of the finger and fingernail, muscular spasms and inflammation of bones and joints.

The frequency is not known.

Reporting of side effects

If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet.

5. HOW TO STORE LAX-TAB SENNA TABLET

Keep out of the reach and sight of children.

Store below 30 °C. Store in the original package.

Do not use after the expiry date shown on the package.

6. FURTHER INFORMATION

lax-tab senna is a light green to brown color, round convex shaped uncoated tablet plain on both sides.

Each tablet contains Calcium sennosides 20% equivalent to 7.5 mg Sennoside B. The tablet also contains lactose monohydrate, anhydrous calcium hydrogen phosphate, maize starch and magnesium stearate.

7. PRODUCT OWNER

AFT Pharmaceuticals Ltd.
129 Hurstmere Road
Takapuna, Auckland
New Zealand

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28 April 2026