

UNDERSTANDING LOWER GI CONDITIONS



	Constipation	Diarrhoea	IBS
SENSATION	<p>Customers may say they:¹</p> <ul style="list-style-type: none"> • Pass stools less than three times a week • Find it difficult 'to go' • Feel their bowels haven't fully emptied when they do 'go'¹ • Stool may look different to normal - either much larger or smaller, or hard and dry.¹ • They may also feel bloated/sick or have stomach pains.² 	<p>Variety of definitions, but generally customers:⁵</p> <ul style="list-style-type: none"> • Pass loose/liquid stools more than three times a day • And/or pass more than 200g of stools per day.⁵ <p>In severe cases, customers can become dehydrated, this is more common in children and older people.⁵</p> 	<p>Customers with any of the following ABC symptoms for at least six months, may have IBS:^{8*}</p> <ul style="list-style-type: none"> Abdominal pain or discomfort that may be relieved after passing stools Bloating Change in bowel habit, i.e diarrhoea and/or constipation <p>Customers may find symptoms are made worse by eating.⁸</p> <p>Other IBS symptoms include: passing mucus, feeling tired, trapped wind or backache.^{8,9}</p> 
IMPACT	Chronic constipation can affect customers' quality of life, both physically and mentally. ³	Can interfere with customers' daily lives and can result in time off work. ⁶	Almost 8/10 IBS customers surveyed said it can affect their everyday life: ⁹ Diet, appearance, ability to concentrate or make long journeys, sex life.
DURATION	For most, constipation is a short-term problem, while for a few it can be more chronic. ^{2,4}	Acute diarrhoea should improve within two to four days, although it can last up to two weeks. ⁵ In certain conditions, it can be a chronic problem.	IBS can be a life long problem. ⁸ Customers can have symptoms, on average, for seven days a month. ⁹
CAUSES	<p>Stools stay in the large intestine for longer than normal.⁴ This can be due to:^{1,2,4}</p> <ul style="list-style-type: none"> • Lack of fibre or fluid in the diet, or changes to diet/usual routine • Lack of exercise • Ignoring the need to go to the toilet • Other conditions (e.g IBS, stress diabetes, anxiety) or medicines. <p>In some cases, there is no obvious cause for constipation.²</p>	<ul style="list-style-type: none"> • Most customers with acute diarrhoea have an infection⁵ (virus or bacterial) • It can also be caused by certain medicines • Chronic diarrhoea is usually due to an underlying medical condition, such as IBS, coeliac disease or inflammatory bowel disease.⁵ 	<ul style="list-style-type: none"> • Cause is unclear, but may be due to oversensitivity of the GI tract or food passing too quickly or slowly through the GI tract¹⁰ • It's been suggested that these could develop after an infection (e.g. food poisoning), lower GI tract inflammation or taking antibiotics.¹¹
CUSTOMERS	<p>More common in:^{1,2}</p> <ul style="list-style-type: none"> • Women • Older people. 	<p>More common in customers who:⁵</p> <ul style="list-style-type: none"> • Have been travelling • Are anxious • Have food allergies. <p>It's estimated that there are up to 17 million cases of acute infectious diarrhoea in the UK each year.^{5,7}</p>	<p>Customer may have certain triggers for their symptoms:^{8,10}</p> <ul style="list-style-type: none"> • Stress • Food - spicy, fatty foods • Drink - alcohol, caffeine-containing or fizzy drinks. <p>Up to 25% of customers may have IBS,¹² with symptoms more likely in women and those aged between 20-30 years of age.¹¹</p>
WHEN TO REFER	Refresh your knowledge of red flag symptoms at www.rbforhealth.co.uk/gi-conditions-learning-hub		

*IBS should first be diagnosed by a doctor

TREATING LOWER GI CONDITIONS†



	Constipation relief		Natural constipation relief		IBS and constipation relief	IBS relief
THE PRODUCT	 <p>Senokot Tablets contain 7.5mg of sennosides per tablet.</p>	 <p>Senokot Max Strength Tablets contain 15mg of sennosides per tablet.</p>	 <p>Senokot Dual Relief Tablets* contain a mixture of herbal ingredients. These are 100mg Senna Leaf Tinnevely, 45mg Cape Ales, 30mg Cascara Bark, 30mg Dandelion Root and 15mg Fennel Fruit.</p>	 <p>Fybogel Hi-Fibre contains 3.5mg of the soluble fibre ispaghula husk.</p>	 <p>Fybogel Mebeverine contains 3.5g ispaghula husk and 135mg mebeverine.</p>	 <p>Senocalm IBS relief and prevention contains 125mg of simeticone.</p>
HOW IT WORKS	Senna is a stimulant laxative that activates the large intestine to promote bowel movements and so helps relieve constipation.		Works with the body to relieve constipation by absorbing liquid in the bowels to bulk out the stools, which then helps promote a bowel movement.		Ispaghula husk is a soluble fibre that helps bulk out stools. Mebeverine is an anti-spasmodic.	Causes small gas bubbles to collapse into large ones, enabling easier passage that is gentle on the body.
WHO IS IT FOR?	Who want a convenient option to relieve constipation.	Who are seeking predictable, overnight relief with one tablet.	Who want a traditional herbal remedy for constipation and also experience bloating.	Who would benefit from a high fibre regimen, such as those with constipation.	Who want relief from IBS.	With IBS who want to relieve IBS' gas-related symptoms.
WHY RECOMMEND?	<ul style="list-style-type: none"> Provides predictable overnight relief of short-term, occasional constipation Works in 8-12 hours. 	<ul style="list-style-type: none"> Contains a higher amount of sennosides in one tablet than any other Senokot products Provides predictable overnight relief of short-term, occasional constipation Works in 8-12 hours. 	The specifically formulated mixture of herbal ingredients is traditionally used for short-term relief of constipation and bloating.	<ul style="list-style-type: none"> Can ease constipation in 12-24 hours May take two to three days to achieve maximum effect. 	Combines two ingredients recommended to tackle IBS. ¹¹	Provides relief of IBS' gas related symptoms including: <ul style="list-style-type: none"> Wind Bloating Cramps Indigestion.
CUSTOMER COUNSELLING	Take one to two tablets at night. Suitable for >12 years. Senokot Tablets can be used in children >6 years, under a doctor's recommendations.	Take one tablet at night. Suitable for >12 years.	Take one to two tablets at bedtime. Suitable for >18 years.	Stir granules into 240ml of cold water and drink immediately. Suitable for aged >6 years.	Stir granules into 150ml of cold water and drink immediately. Suitable for >12 years, who have been diagnosed with IBS by their doctor.	After a meal or before going to bed. Suitable for >6 years.

†Treating constipation and IBS only *IBS should first be diagnosed by a doctor *Senokot Dual Relief is a traditional herbal medicinal product for use in short-term relief of occasional constipation and bloating, exclusively based on long-standing use as a traditional herbal remedy.

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REFERENCES:

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8. NICE. Irritable bowel syndrome in adults: diagnosis and management. February 2008. Updated April 2017. <https://www.nice.org.uk/guidance/cg61>
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ESSENTIAL INFORMATION:

Senokot Tablets: Each tablet contains senna fruit equivalent to 7.5 mg of hydroxyanthracene glycosides calculated as sennoside B (GSL). Indications: For the relief of short-term, occasional constipation. MA Holder: Reckitt Benckiser Healthcare (UK) Ltd, Hull, HU8 7DS. Information about this product, including adverse reactions, precautions, contra-indications, and method of use can be found at: <https://www.medicines.org.uk/emc/medicine/6883>

Senokot Max Strength: Each tablet contain powdered senna fruit (pods) equivalent to 15mg hydroxyanthracene glycosides (GSL). Indications: For the relief of short-term, occasional constipation. MA Holder: Reckitt Benckiser Healthcare (UK) Ltd, Hull, HU8 7DS. Information about this product, including adverse reactions, precautions, contra-indications, and method of use can be found at: <https://www.medicines.org.uk/emc/medicine/23325>

Senokot Dual Relief Tablets: Each tablet contains: -100 mg Senna Leaf Tinnevely (Cassia angustifolia Vahl), 45 mg Cape Aloes (Aloe ferox Mill), 30 mg Cascara Bark (Rhamnus purshianus D.C.), 30 mg Dandelion Root (Taraxacum ocinale F.H. Wigg), 15 mg Fennel Fruit (Foeniculum vulgare var. dulce Miller) (GSL). Indications: A traditional herbal medicinal product used for the short-term relief of occasional constipation and bloating, based on traditional use only. MA Holder: Potters Ltd, Wigan, WN5 0JZ. Information about this product, including adverse reactions, precautions, contra-indications, and method of use can be found at: <https://www.medicines.org.uk/emc/medicine/24203>

Senocalm is a medical device. Always read the instructions.

Fybogel Hi-Fibre Orange: Contains ispaghula husk 3.5g. Indications: For the treatment of patients requiring a high fibre regimen: for example, for the relief of constipation, including constipation in pregnancy and the maintenance of regularity; for the management of bowel function in patients with haemorrhoids (GSL). MA Holder: Reckitt Benckiser Healthcare UK Limited, HU8 7DS. Information about this product including adverse reactions, precautions, contra-indications and method of use can be found at: <https://www.medicines.org.uk/emc/medicine/23324>

Fybogel Mebeverine PL00063/0025: A sachet contains 3.5g ispaghula husk BP and 135mg mebeverine hydrochloride BP. Therapeutic indications: For the symptomatic relief of irritable bowel syndrome Posology and administration: Adults and children over 12: One sachet morning and evening, taken half an hour before meals. A third dose may be taken before the midday meal if necessary. Not recommended for Children below 12. The contents of one sachet should be stirred into a glass of cold water (150 ml minimum) and drunk immediately. The product should be taken during the day at least ½ to 1 hour before or after intake of other medicines. Contraindications: Hypersensitivity to ispaghula husk, mebeverine or to any of the excipients. Sudden change in bowel habit that has persisted more than two weeks. Undiagnosed rectal bleeding and failure to defecate following the use of a laxative. Patients suffering from abnormal constrictions in the gastro-intestinal tract, with diseases of the oesophagus and cardia, potential or existing intestinal blockage (ileus), paralysis of the intestine or megacolon. Difficulty in swallowing or any throat problems. Precautions and warnings: Not recommended in children below 12 years of age. Laxative bulk producers should be used before using other purgatives if change of nutrition is not successful. Fybogel Mebeverine should not be taken in the dry form and should always be taken mixed with fluid. Gastrointestinal obstruction or impaction have been reported with hydrophilic mucilloid preparations when taken with insufficient liquid. Ispaghula husk should not be used by patients with faecal impaction, abdominal pain, nausea and vomiting unless advised by a doctor. If abdominal pain occurs or in cases of any irregularity of faeces, the use of ispaghula husk should be discontinued and medical advice must be sought. When taken with inadequate fluid amounts, bulk forming agents can cause obstruction of the throat and oesophagus with choking and intestinal obstruction. Symptoms can be chest pain, vomiting, or difficulty in swallowing or breathing. Supervision required in the case of debilitated patients and / or elderly patients. Ispaghula husk should not be used together with medicinal products known to inhibit peristaltic movement. This product should not be taken immediately before going to bed. The product should not be given to patients with phenylketonuria. Consult your doctor if you have developed new symptoms, or if your symptoms worsen, or if they do not improve after two weeks of treatment. Warning on hypersensitivity reactions: In individuals with continued occupational contact to powder of Plantago ovata seeds (e.g. healthcare workers and caregivers) allergic sensitisation may occur due to inhalation. Product contains potassium (97.6mg/sachet), sodium (58.9mg/sachet) & aspartame which should be considered in patients on a controlled salt diet or reduced kidney function. Side effects: Immune system disorders: hypersensitivity disorders. Eye disorders: conjunctivitis; Respiratory, Thoracic and Mediastinal Disorders: Rhinitis; Gastrointestinal Disorders: Flatulence, abdominal distension, intestinal obstruction, oesophageal obstruction, faecal impaction; Skin and Subcutaneous Tissue Disorders: skin rash. Legal category: P. Product licence Numbers: PL 00063/0025. Licence Holder: Reckitt Benckiser Healthcare (UK) Limited HU8 7DS. Last revision of SmPC: July 2017. MRRP: £6.99 Ten Sachets. For full information refer to: <https://www.medicines.org.uk/emc/product/1099>

Adverse events should be reported. Reporting forms and information can be found at www.mhra.gov.uk/yellowcard. Adverse events should also be reported to Reckitt Benckiser Healthcare (UK) Ltd on: 0333 200 5345.

[†]Treating constipation and IBS only