

Ispaghula Husk

Medication Information Leaflet

What is this medication for?

This medication is used to increase fibre in your diet and can be used to treat constipation as well as maintain a normal bowel function.

How should I take/use this medication?

- Take your medication as instructed by your healthcare professional.
- You may take this medication after meals with plenty of water. Avoid taking right before going to bed.
- Stir the contents of each sachet in a glass of room temperature water (about 150ml) and drink immediately after mixing.

Consult your healthcare professional if your symptoms do not go away. The full effect of this preparation may take a few days to develop.

What should I do if I forget to take/use this medication?

If you forget to take a dose, take it as soon as you remember. Skip the dose if it is too near to your next dose. Then take your next dose at the usual time. Do not take two doses to make up for the missed dose.

What precautions should I take?

Inform your healthcare professional if:

- You are allergic to this medication or any of the other ingredients of this medication
- You are taking any other medications, including supplements, traditional medications and herbal remedies.
- you have phenylketonuria as some ispaghula preparations are sweetened with aspartame.
- you have or had history of bowel obstruction (blockage in the small or large intestine)

What are some common side-effects of this medication?

- Ispaghula husk may cause wind or bloating, especially during the first few days you take it.

Consult your healthcare professional if the symptoms do not go away or become bothersome.

What are some rare but serious side-effects that I need to seek medical advice immediately?

Consult your healthcare professional if you have bleeding from the anus.

The symptoms of a drug allergy include one or more of the following:

- Swollen face/eyes/lips/tongue
- Difficulty in breathing
- Itchy skin rashes over your whole body

If you experience any of these symptoms, you should stop your medication and see your healthcare professional immediately.

What food or medication should I avoid when I take this medication?

Inform your healthcare professional if you are taking or intend to take any other medication, supplements, traditional medications or herbal remedies.

How should I store this medication?

Store in a cool and dry place, away from direct sunlight. Keep this medication away from children.

How should I throw away this medication safely?

Pack this medication into a black trash bag and seal it tightly before throwing into the rubbish chute or bin.

Disclaimers

If you take more than the recommended dose, please seek medical advice immediately. The information provided on this page does not replace information from your healthcare professional. Please consult your healthcare professional for more information.

This article is jointly developed by members of the National Medication Information workgroup. The workgroup consists of cluster partners (National Healthcare Group, National University Health System and SingHealth), community pharmacies (Guardian, Unity and Watsons) and Pharmaceutical Society of Singapore.

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