

Consumer Medicine Information

What is in this leaflet

This leaflet answers some common questions about Bis-pectin oral suspension.

It does not contain all the available information. It does not take the place of talking to your pharmacist or doctor.

All medicines have risks and benefits. Your pharmacist or doctor has weighed the risks of you taking Bis-pectin against the benefits they expect it will have for you.

If you have any concerns about taking this medicine, ask your pharmacist or doctor.

This leaflet was last updated on the date at the end of this leaflet. More recent information may be available. The latest Consumer Medicine Information is available from your pharmacist, doctor, or from www.biotechpharma.com.au and may contain important information about the medicine and its use of which you should be aware.

Keep this leaflet with the medicine. You may need to read it again.

What Bis-pectin is used for

Bis-pectin is for the treatment of diarrhoea, nausea, vomiting, gastroenteritis and nervous dyspepsia. It works by reducing secretions in the gut, adsorbing and bulking the intestinal contents and neutralising excessive acidity in the stomach.

It contains codeine phosphate, aluminium hydroxide, light kaolin and pectin.

Ask your pharmacist or doctor if you have any questions about this medicine.

This medicine may be addictive if taken for more than a few days at a time.

It is only available from your pharmacist.

Before you take/give Bis-pectin

When you must not take it

Bis-pectin is not suitable for use in children under 8 years of age.

Do not take Bis-pectin if you have an allergy to:

- any medicine containing codeine, aluminium hydroxide, kaolin or pectin
- any medicine containing opiates such as morphine or oxycodone
- any of the ingredients listed at the end of this leaflet.

Some of the symptoms of an allergic reaction may include:

- shortness of breath
- wheezing or difficulty breathing
- swelling of the face, lips, tongue or other parts of the body
- rash, itching or hives on the skin

Do not take this medicine if you have any of the following conditions:

- acute breathing difficulties such as bronchitis, unstable asthma or emphysema
- chronic constipation
- diarrhoea caused by antibiotics or poisoning
- kidney failure
- intestinal obstruction, a blockage in the intestine

Bis-Pectin is not recommended for use in pregnancy.

The medicine may produce withdrawal effects in the newborn baby.

Do not take this medicine/it after the expiry date printed on the pack or if the packaging is torn or shows signs of tampering.

If it has expired or is damaged, return it to your pharmacist for disposal.

If you are not sure whether you should start taking this medicine, talk to your pharmacist or doctor.

Before you start to take it

Tell your pharmacist or doctor if you have allergies to any other medicines, foods, preservatives or dyes.

Tell your pharmacist or doctor if you have or have had any of the following medical conditions:

- Existing problems with your stomach, intestine or bowels
- liver or kidney disease
- difficulty breathing, wheezing, chronic cough, asthma or other chronic breathing conditions
- a history of drug or alcohol dependence
- recent surgery on the stomach or intestines
- head injury
- enlarged prostate
- low blood pressure
- underactive thyroid
- porphyria (a rare blood pigment disorder)

Bis-Pectin is not recommended for use in pregnancy.

Ask your pharmacist or doctor about taking this medicine if you are breastfeeding.

A small amount of codeine passes into the breast milk. It may cause breathing problems in infants.

About 8% of people are poor metabolisers of codeine. Bis-pectin may not work as well if you are one of those people

If you have not told your pharmacist or doctor about any of the above, tell

them before you start taking Bis-pectin .

Taking other medicines

Do not take with other medicines containing codeine.

Tell your pharmacist or doctor if you are taking any other medicines, including any that you get without a prescription from your pharmacy, supermarket or health food shop.

Bis-pectin and some other medicines may interfere with each other. These include:

- loperamide, a medicine used to treat acute diarrhoea
- warfarin, a medicine used to prevent blood clots
- metoclopramide, a medicine used to control nausea and vomiting
- medicines used to treat epilepsy or fits
- chloramphenicol, an antibiotic used to treat ear and eye infections
- medicines used to help you relax, sleep or relieve anxiety, such as barbiturates and sedatives
- medicines used to relieve stomach cramps or spasms
- medicines used to prevent travel sickness
- medicines used to treat Parkinson's disease
- medicines used to treat high blood pressure
- monoamine oxidase inhibitors, medicines used to treat depression, if taken within the last 14 days
- quinidine, a medicine used to treat abnormal or irregular heart beat
- phenothiazines and antipsychotic agents, medicines used to treat mental disorders
- other opioids, used to treat pain or suppress coughs
- alcohol

These medicines may be affected by Bis-pectin or may affect how well it works. You may need different amounts of your medicines, or you may need to take different medicines.

The ingredients in Bis-pectin can bind to other medicines in the gut so it is best not to take it within 2 hours of taking other medicines.

Your doctor and pharmacist will have more information on these and other

medicines to be careful with or avoid while taking this medicine.

How to take Bis-pectin

Follow all directions for use written on the medicine's label.

Do not take more than the recommended dose on the label.

If you do not understand the instructions on the label, ask your pharmacist or doctor for help.

Always shake the bottle before use. If diarrhoea is present, take an oral rehydration solution such as GlucoLyte in addition to Bis-pectin.

How much to take

Shake the bottle well before use.

Adults and children 12 years and over: 15mL hourly for 3 doses, then at 3 hourly intervals. Children 8 – 11 years: 11mL every 4 hours.

Do not take more than the recommended dose. Use a metric measure and make sure the correct dose is measured every time.

When to take it

Bis-pectin should only be taken when needed for the treatment of diarrhoea, nausea, vomiting, gastroenteritis and nervous dyspepsia or when recommended by a Pharmacist or doctor.

How long to take it

Only take Bis-pectin for a few days at a time unless your doctor or pharmacist tells you to take it for longer.

If your symptoms persist, worsen or new symptoms develop, talk to your pharmacist.

Consult a doctor if diarrhoea continues for more than 48 hours in a child.

If you take too much (overdose)

Telephone your doctor or the Poisons Information Centre (telephone 13 11 26) for advice if you think that you or

anyone else may have taken too much Bis-pectin .

While you are using Bis-pectin

Things you must do

Only take the medicine as recommended on the label.

Talk to your pharmacist or doctor if your symptoms do not improve.

Your pharmacist or doctor will assess your condition and decide if you should continue to take the medicine.

Things you must not do

Do not take with other medicines containing codeine unless your doctor or pharmacist tells you to.

Do not take more than the recommended dose.

Things to be careful of

Diarrhoea may be serious. Consult a doctor if diarrhoea persists.

Do not take high doses of the medicine for long periods of time unless your doctor tells you to. Codeine may be habit forming.

Be careful driving or operating machinery until you know how Bis-pectin affects you.

This medicine may cause dizziness in some people. If this happens, do not drive or use or operate machinery.

Side effects

Tell your pharmacist or doctor as soon as possible if you do not feel well while you are taking Bis-pectin.

This medicine may have unwanted side effects in a few people. All medicines can have side effects. Sometimes they are serious, most of the time they are not. You may need medical attention if you get some of the side effects.

Do not be alarmed by the following lists of side effects. You may not experience any of them.

Ask your pharmacist or doctor to answer any questions you may have.

Tell your pharmacist or doctor if you notice any of the following and they worry you:

- drowsiness
- dizziness
- constipation

The above list includes the more common side effects of your medicine. They are usually mild.

Tell your doctor as soon as possible if you notice any of the following:

- unusual or extreme mood swings
- flushing of the face
- fast heart beat.

The above list includes serious side effects that may require medical attention. Serious side effects are rare for low doses of this medicine and when used for a short period of time.

If any of the following happen, tell your pharmacist or doctor immediately or go to Accident and Emergency at your nearest hospital:

- shortness of breath
- wheezing or difficulty breathing
- swelling of the face, lips, tongue or other parts of the body
- rash, itching or hives on the skin

The above list includes very serious side effects. You may need urgent medical attention or hospitalisation.

Tell your pharmacist or doctor if you notice anything that is making you feel unwell.

Other side effects not listed above may also occur in some people.

After using Bis-pectin

Storage

Keep your medicine in the original pack until it is time to take.

Keep your medicine in a cool dry place where the temperature stays below 30°C.

Do not store Bis-pectin or any other medicine in the bathroom or near a sink. Do not leave it on a window sill or in the car.

Heat and dampness can destroy some medicines.

Keep it where children cannot reach it.

A locked cupboard at least one-and-a-half metres above the ground is a good place to store medicines.

Disposal

Ask your pharmacist what to do with any medicine that is left over, or if the expiry date has passed.

Product description

What it looks like

Bis-pectin is a pale green milky liquid. It is presented in a 200mL bottle with a child-resistant closure.

Ingredients

Bis-pectin contains 0.54 mg/mL of codeine phosphate, 25 mg/mL of aluminium hydroxide dried, 125 mg/mL of light kaolin and 8 mg/mL of pectin.

It also contains:

- sodium benzoate
- emerald green C109
- tartrazine
- sucrose
- methyl hydroxybenzoate
- propyl hydroxybenzoate
- sodium benzoate
- purified water
- propylene glycol
- chloroform
- xanthan gum
- spearmint oil

Sponsor

Bis-pectin is manufactured and supplied in Australia by:

Biotech Pharmaceuticals Pty Limited
83 Cherry Lane
Laverton North VIC 3026
Phone: 03 9278 7555

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