

## Glycerin Suppositories for Adults

The active ingredient and its quantity:  
Each suppository contains: Glycerin 2.16 g.

## Glycerin Suppositories for Children

The active ingredient and its quantity:  
Each suppository contains: Glycerin 1.104 g.  
For the list of inactive ingredients, please see section 6 "Additional information".

**Read this entire leaflet carefully before using the medicine.**

This leaflet contains concise information about the medicine. If you have any further questions, ask the doctor or pharmacist.

**Glycerin Suppositories for Adults-** This medicine is not usually intended for children and infants under 6 years of age.

**Glycerin Suppositories for Children-** This medicine should not be used in children under two years of age without a doctor's instruction.

Take this medicine according to the instructions detailed in section 3 "How to use this medicine?" in this leaflet.

Consult the pharmacist if you need additional information.

Refer to a doctor if the symptoms of your illness get worse or if they do not improve after 7 days.

### 1. What is the medicine intended for?

The medicine is intended for the relief of constipation.

**Therapeutic group:** Laxative.

### 2. Before using the medicine

**Do not use the medicine:**

- If you are hypersensitive (allergic) to the active ingredient (Glycerin) or to any of the other ingredients this medicine contains (see section 6 "Additional information").
- If bowel movements have not appeared for one or two days only (also see in section 2 "Special warnings regarding the use of this medicine").
- In case of heart failure.
- In case of unexplained rectal bleeding and in case of intestinal obstruction or chronic bowel dysfunction.
- In case of nausea, vomiting, abdominal pain.
- In case of appendicitis signs.

**Special warnings regarding the use of this medicine:**

- Caution! Prolonged use may cause dependency on laxative preparations of this type.
- Do not use this medicine frequently or for a prolonged period without consulting a doctor.
- This medicine is only intended for constipation that has lasted a number of days. Lack of bowel movement for a day or two does not justify its use. Likewise, do not use it for other purposes, such as "cleansing the body", etc.
- If you are hypersensitive to any food or medicine, inform the doctor before taking the medicine.

**Before treatment with Glycerin Suppositories for Adults/ Glycerin Suppositories for Children, tell the doctor if:**

- You are pregnant or breastfeeding.
- You are suffering or have suffered in the past from impaired function of: the heart and/or vascular system, the digestive system.
- You notice a sudden change in the frequency of bowel movement that continues for more than two weeks.

**If you are taking or have recently taken other medicines, including non-prescription medicines and nutritional supplements, tell the doctor or pharmacist.**

Especially inform the doctor or pharmacist if you are taking: other laxative medicines.

**Pregnancy and breastfeeding:**

If you are pregnant or breastfeeding, consult the doctor or pharmacist before using the medicine.

### 3. How to use this medicine?

Check with the doctor or pharmacist if you are not sure about the dosage and the manner of treatment with the medicine.

**The usual dosage is generally:**

**Glycerin Suppositories for Adults:** one suppository a day for Adults, as needed.

**This medicine is not usually intended for children and infants under 6 years of age.**

**Glycerin Suppositories for Children:** one suppository a day for children, as needed.

**Do not use in children under 2 years of age without a doctor's instructions.**

**Do not exceed the recommended dose.**

In continuous use of over a week, consult the doctor.

Do not swallow! This medicine is intended for rectal use only.

**Directions for Use:**

How to insert the suppository:

1. First, wash your hands well.
2. Remove the wrapper from the suppository. The suppository can be moistened with a little water to ease insertion.
3. Lie down on your side. Push the suppository as deep as possible into the rectum with your finger. If the suppository is too soft to insert, cool it in the refrigerator for 30 minutes or run a stream of cold water over it before removing it from its wrapper.
4. Wash your hands after inserting the suppository.

It usually takes within 15-60 minutes for the medicine to act.

**If you have accidentally taken a higher dosage**

If you have taken an overdose or if a child has accidentally swallowed the medicine, proceed immediately to a doctor or a hospital emergency room and bring the package of the medicine with you.

**How can you contribute to the success of the treatment?**

- It is advisable for the suppository to remain in the rectum for approximately 15 minutes.
- The treatment should be accompanied by appropriate consumption of fluids (1-1.5 liters), dietary habits (fiber-rich diet) and exercise.

**Do not take medicines in the dark! Check the label and the dose each time you take the medicine. Wear glasses if you need them.**

**If you have further questions regarding the use of the medicine, consult the doctor or a pharmacist.**

### 4. Side effects

As with any medicine, the use of **Glycerin Suppositories for Adults/ Glycerin Suppositories for Children** may cause side effects in some users, e.g.: skin rash with irritation, nausea, dizziness, abdominal pain.

Do not be alarmed by the list of side effects. You may not suffer from any of them.

**Stop the use of the medicine and refer to the doctor immediately if:**

- You suffer from local irritation, local rash or inflammation.
- Occurrence of rectal bleeding or lack of bowel movement after using the medicine.
- An allergic reaction occurs, manifested by itching, swelling of the face, hands, mouth or throat, chest tightness, breathing difficulties.

**If a side effect appears, if one of the side effects worsens or if you suffer from a side effect which is not mentioned in this leaflet, consult the doctor.**

**Report of side effects**

Side effects can be reported to the Ministry of Health by clicking on the link "Report adverse effects and problems associated with medications and drugs" on the home page of the Ministry of Health website

([www.health.gov.il](http://www.health.gov.il)) which refers you to the online form for reporting adverse effects, or by entering the link: <http://sideeffects.health.gov.il>

### 5. How to store the medicine?

• Avoid poisoning! This medicine and any other medicine must be stored in a closed place out of the reach and sight of children and/or infants to avoid poisoning. Do not induce vomiting unless explicitly instructed to do so by the doctor.

• Do not use the medicine after the expiry date (exp.Date) stated on the package. The expiry date refers to the last day of that month.

• **Storage conditions:** Store at a temperature below 25°C.

• Do not throw away any medicines via wastewater or household waste. Ask the pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

### 6. Additional information

**In addition to the active ingredient, this medicine also contains:**

Purified water, Stearic Acid (Stearin), Sodium Carbonate.

**What the medicine looks like and content of the package:**

Transparent suppositories.

**Approved package sizes:**

**Glycerin Suppositories for Adults:** package contains 20 or 1,000 suppositories.

**Glycerin Suppositories for Children:** package contains 5 suppositories.

Not all package sizes may be marketed.

**Manufacturer and registration holder:**

Rekah Pharmaceutical Industry Ltd., 30 Hamelacha St., Holon, Israel.  
Revised in May 2022 according to MOH guidelines.

**Drug registration number at the national drug registry of the Ministry of Health:**

**Glycerin Suppositories for Adults:** 137-97-21926-00  
**Glycerin Suppositories for Children:** 146-41-33387-00