SCHEDULING STATUS

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1 NAME OF THE MEDICINE
PHOLIPEG 13,72 g sachet, powder for oral solution

2 QUALITATIVE AND QUANTITATIVE COMPOSITION
Each 13,72 g sachet of PHOLIPEG contains the following active substances:

Macrogol 3350	13,125 g
Sodium chloride	0,3507 g
Sodium bicarbonate	0,1785 g
Potassium chloride	0,0466 g

The content of electrolyte ions per sachet when made up to 125 ml of solution is as follows:

Sodium	65 mmol/l
Chloride	53 mmol/l
Potassium	5,4 mmol/l
Bicarbonate	17 mmol/l

Contains artificial sweetener acesulfame potassium
For full list of excipients, see section 6.1

3 PHARMACEUTICAL FORM
Powder for oral solution.
A white crystalline powder in single-dose sachets with lemon odour.

4 CLINICAL PARTICULARS
Therapeutic indications
For the treatment of chronic constipation.

Posology and method of administration
Posology
Adults: 1 to 3 sachets daily in divided doses, according to individual response.
A course of treatment with PHOLIPEG does not normally exceed two weeks, although this can be repeated if required. Extended use may be necessary in the care of patients with severe chronic or resistant constipation, secondary to multiple sclerosis or Parkinson's disease, or induced by regular constipating medication, in particular opioids and antimuscarinics.
For extended use, the dose can be adjusted down to 1 or 2 sachets daily, in divided doses.

Special populations
Elderly: Initially one sachet daily is recommended.
No dosage change is needed for patients with renal insufficiency.

Method of administration
For oral administration
Each sachet is reconstituted in 125 ml water and taken orally.

Contraindications
- Hypersensitivity to the active substances or to any of the excipients of PHOLIPEG listed in section 6.1.
- Intestinal perforation or obstruction due to structural or functional disorder of the gut wall, ileus, gastric retention, peptic ulceration and severe inflammatory conditions of the intestinal tract such as Crohn's disease, ulcerative colitis and toxic megacolon.
- Not recommended for children under 12 years of age.

Special warnings and precautions for use
PHOLIPEG should not be used in the presence of abdominal pain, nausea or vomiting. PHOLIPEG should not be used continuously unless directed by a medical practitioner. Frequent or prolonged use of laxatives may result in dependence and loss of normal bowel function.

If patients develop any symptoms indicating shifts of fluids/electrolytes (e.g., oedema, shortness of breath, increasing fatigue, dehydration, cardiac failure) PHOLIPEG should be stopped immediately and electrolytes measured, and any abnormality should be treated appropriately.

If there is a sudden change in bowel habits that has persisted for a period greater than two weeks, a medical practitioner should be consulted.

Rectal bleeding or failure to have a bowel movement after use of PHOLIPEG may indicate a serious condition. PHOLIPEG use should be discontinued, and medical advice obtained.

The fluid content of PHOLIPEG when re-constituted with water does not replace regular fluid intake and adequate fluid intake must be maintained.

The absorption of other medicines could transiently be reduced due to an increase in gastro-intestinal transit rate induced by PHOLIPEG (see section 4.5).

PHOLIPEG contains 186,87 mg (8,125 mmol) sodium per dose, equivalent to 9,3 % of the WHO recommended maximum daily intake for sodium. PHOLIPEG is considered high in sodium. This should be particularly taken into account for those on a low salt diet.

Interaction with other medicines and other forms of interaction
Macrogol raises the solubility of medicines that are soluble in alcohol and relatively insoluble in water.
There is a possibility that the absorption of other medicines could be transiently reduced during use with PHOLIPEG (see section 4.4).
There have been reports of decreased efficacy with some concomitantly administered medicines, e.g., anti-epileptics.

Fertility, pregnancy and lactation
Pregnancy
There is limited amount of data from the use of PHOLIPEG in pregnant women. Studies in animals have shown indirect reive toxicity (see section 5.3). PHOLIPEG can be used during pregnancy.

Breastfeeding
No effects on the breastfed newborn/infant are anticipated since the systemic exposure of the breast-feeding woman to Macrogol 3350 is negligible. PHOLIPEG can be used during breastfeeding.

Fertility
There are no data on the effects of PHOLIPEG on fertility in humans. There were no effects on fertility in studies in male and female rats (see section 5.3).

Effects on ability to drive and use machines
PHOLIPEG has no influence on the ability to drive and use machines.

Undesirable effects
a. Summary of the safety profile
Reactions related to the gastrointestinal tract occur most frequently. These reactions may occur as a consequence of expansion of the contents of the gastrointestinal tract, and an increase in motility due to the pharmacologic effects of PHOLIPEG. Mild diarrhoea usually responds to dose reduction.

b. Tabulated summary of adverse reactions
The adverse reactions are listed below according to system organ class. The frequency of the adverse effects is not known as it cannot be estimated from the available data.

MedDRA system organ class	Frequency	Adverse reactions
Immune system disorders	Frequency unknown	Allergic reactions, including anaphylactic reactions, dyspnoea and skin reactions (see below)
Skin and subcutaneous tissue disorders	Frequency unknown	Allergic skin reactions including angioedema, urticaria, pruritus, rash, erythema
Metabolism and nutrition disorders	Frequency unknown	Electrolyte disturbances, particularly hyperkalaemia and hypokalaemia
Nervous system disorders	Frequency unknown	Headache
Gastrointestinal disorders	Frequency unknown	Abdominal pain, diarrhoea, vomiting, nausea, dyspepsia, abdominal distension, borborygmi, flatulence and anorectal discomfort
General disorders and administration site conditions	Frequency unknown	Peripheral oedema

Reporting of suspected adverse reactions
Reporting suspected adverse reactions after authorisation of the medicine is important. It allows continued monitoring of the benefit/risk balance of the medicine. Health care providers are asked to report any suspected adverse reactions to SAHPRA via the "**6.04 Adverse Medicine Reactions Reporting Form**", found online under SAHPRA's publications: https://www.sahpra.org.za/Publications/Index/8

Overdose
Severe abdominal pain or distension can be treated by nasogastric aspiration. Extensive fluid loss by diarrhoea or vomiting may require correction of electrolyte disturbances.

5 PHARMACOLOGICAL PROPERTIES
Pharmacotherapeutic group: Osmotically acting laxatives. ATC code: A06A D65
Pharmacological classification: A11.5 Medicines acting on gastrointestinal tract.
Laxatives.

Pharmacodynamic properties
PHOLIPEG, an iso-osmotic laxative, is a combination of macrogol 3350 (polyethylene glycol) and electrolytes. Macrogol 3350 acts by virtue of its osmotic action in the gut, which induces a laxative effect. Macrogol 3350 increases the stool volume, which triggers colon motility via neuromuscular pathways. Electrolytes combined with macrogol 3350 are exchanged across the intestinal barrier (mucosa) with serum electrolytes and excreted in faecal water without net gain or loss of sodium, potassium and water.

Pharmacokinetic properties
Macrogol 3350 is unchanged along the gut. It is virtually unabsorbed from the gastrointestinal tract. Any macrogol 3350 that is absorbed is excreted via the urine.
The laxative action of polyethylene glycol has a time course which will vary according to the severity of the constipation being treated.

6 PHARMACEUTICAL PARTICULARS
List of excipients
Acesulfame potassium
Lemon flavour*
*(Lemon flavour contains the following constituents: acacia gum, flavouring preparation and nature identical flavouring substance).

Incompatibilities
None are known.

Shelf life
48 months.
Reconstituted solution: 24 hours.

Special precautions for storage
Sachet: Store at or below 25 °C.
Reconstituted solution: Store at 2 – 8 °C (in a refrigerator and covered).

Nature and contents of container
PHOLIPEG 13,72 g powder for oral solution is packed in polythene laminated aluminium sachets.
Sachets are packed in printed carton made of white board and proposed pack sizes are boxes of 6, 8, 10, 20, 30, 40, 50, 60 or 100 sachets.
Not all pack sizes may be marketed.

Special precautions for disposal
Any unused solution should be discarded within 24 hours.

7 HOLDER OF CERTIFICATE OF REGISTRATION
STRIDES PHARMA (PTY) LTD
106 16th Road
Building 2
Midrand
South Africa
1685

8 REGISTRATION NUMBERS
PHOLIPEG: 53/11.5/0673

9 DATE OF FIRST AUTHORISATION/RENEWAL OF THE AUTHORISATION
May 2023

10 DATE OF REVISION OF THE TEXT
N.A

Strides

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