

## Torbulk

### For the Use of a Registered Medical Practitioner or a Hospital or a Laboratory Only.

Abbreviated Prescribing information for Torbulk (Lactitol monohydrate and Ispaghula husk powder)  
[Please refer the complete prescribing information available at [www.torrentpharma.com](http://www.torrentpharma.com)]

**PHARMACOLOGICAL PROPERTIES:** *Lactitol* is a sugar alcohol derived from Lactulose cathartic activity. *Ispaghula Husk* is the epidermis and collapsed adjacent layers removed from the dried ripe seeds of *plantago ovata*, containing mucilage and hemicelluloses.

**INDICATION:** It is indicated for the treatment of chronic idiopathic constipation in adult patients only.

**DOSAGE AND ADMINISTRATION:** Because of differences in efficacy between patients, the dose should be individualized until daily bowel movement is achieved. *For adults (including elderly):* 15 g powder (about one measure spoon) once or twice daily or as directed by the physician. Add one measure spoon full of Torbulk to a glass of water (approx. 150 ml). Stir briskly and consume the contents immediately. Follow it up with a glass of water.

**CONTRAINDICATION:** It is contra-indicated in patients having appendicitis, galactosemia, faecal impaction, colonic atony, ileostomy or colostomy, intestinal obstruction, unexplained abdominal pain or bleeding and hypersensitivity to ispaghula, lactitol or any of the ingredients.

**WARNINGS & PRECAUTIONS:** Prolonged use without ceasing should be avoided. It is essential to drink abundant liquids with treatment. It is important to take the product with sufficient fluid a liquid suspension and drink immediately after mixing. It should not be taken immediately before going to sleep since it may impair or reduce gastric motility. It may be advisable to supervise the treatment in the elderly or debilitated and patients with intestinal narrowing. Accumulation of hydrogen may occur in bowel. Caution should be taken about electrolyte imbalance due to the diarrhea. Periodic monitoring of serum electrolytes are advisable in some patients. Patients suffering from nausea are recommended to take Torbulk in water with meal.

**DRUG INTERACTION:** Lactitol can increase the potassium losses caused by other medicines. It may lead to increase in toxic effects of glycosides.

**ADVERSE REACTIONS:** Flatulence, abdominal pain and diarrhoea. *Ispaghula Husk:* abdominal distension, nausea, intestinal obstruction, faecal impaction, skin rashes or allergic dermatitis, rhinitis, urticaria, bronchospasm and anaphylactic reactions. *Lactitol:* gastrointestinal disturbances, meteorism, cramps, feeling full, borborygmi, nausea, anal itching and vomiting.

### MARKETED BY:



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(Additional information is available on request)