

## Comparison of non-oral treatment options for constipation<sup>1,2,3,4,5,6</sup>

| Laxative Class                                  | Active Ingredients                                        | Mode of Action                                       | Onset of Action             | Side Effects                                                                                                                                                                |
|-------------------------------------------------|-----------------------------------------------------------|------------------------------------------------------|-----------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>CO<sub>2</sub> Suppository<sup>1,2</sup></b> | Sodium hydrogen carbonate and sodium dihydrogen phosphate | Stimulates peristalsis by CO <sub>2</sub> liberation | <b>15-30 minutes</b>        | Soya Lecithin has been known to cause allergic reactions. The insertion of the suppository can very occasionally cause a slight burning sensation, which quickly disappears |
| <b>Suppositories<sup>5</sup></b>                | Glycerol                                                  | Lubricant and weak stimulant action                  | <b>15-30 minutes</b>        | Irritation and abdominal cramps                                                                                                                                             |
|                                                 | Bisacodyl                                                 | Stimulates nerves to increase motility               | <b>15 minutes to 1 hour</b> | Gastrointestinal discomfort; nausea and vomiting <sup>6</sup>                                                                                                               |
| <b>Enemas<sup>5</sup></b>                       | Phosphate                                                 | Retention of water in gut lumen softening faeces     | <b>2-5 minutes</b>          | Abdominal pain or cramps, bloating, flatulence, nausea and vomiting; less commonly dehydration, especially if inadequate fluid intake                                       |
|                                                 | Sodium citrate                                            |                                                      | <b>5-15 minutes</b>         |                                                                                                                                                                             |
| <b>Irrigation<sup>4</sup></b>                   | Water                                                     | Flushes the bowel                                    | <b>30-45 minutes</b>        | Abdominal pain, rectal bleeding and nausea                                                                                                                                  |

Please consult the prescribing information for contraindications and precautions for use.

References:

1) Lecicarbon A SmPC PL 28418/0001; 2) Lecicarbon C SmPC PL 28418/0002; 3) Lecicarbon A Suppository Patient Information Leaflet and Lecicarbon C Suppository Patient Information Leaflet (PIL); 4) <https://www.britishtjournalsnursing.com/content/focus/transanal-irrigation-at-a-glance> (Accessed January 2025); 5) NICE Clinical Knowledge Summary, Constipation. (Accessed January 2025); 6) <https://bnf.nice.org.uk/drugs/bisacodyl/#side-effects>. 'The time taken for an oral laxative to take effect can range from 6 hours to 3 days'. It can be unpredictable knowing when a laxative is going to take effect. Lecicarbon works within 15 - 30 minutes.<sup>1,2</sup>

### Lecicarbon<sup>®</sup>A

**Legal Class:** P  
**Drug Class:** Stimulant laxatives  
**Active Ingredients:** 500 mg sodium hydrogen carbonate/680 mg sodium dihydrogen phosphate  
**NHS List Price:** £8.20 per 10 pack of suppositories



### Lecicarbon<sup>®</sup>C

**Legal Class:** P  
**Drug Class:** Stimulant laxatives  
**Active Ingredients:** 250 mg sodium hydrogen carbonate/340 mg sodium dihydrogen phosphate  
**NHS List Price:** £8.20 per 10 pack of suppositories



#### Lecicarbon Suppository Prescribing Information (please refer to the SmPCs before prescribing)

**Indications** Short term treatment of constipation due to various causes (e.g. nutrition poor in fibres, lack of physical activity, as well as diseases requiring easy defaecation). Emptying the colon before diagnostic or therapeutic procedures in the rectum. Lecicarbon A Suppository is suitable for adults and children over 12 years of age. Lecicarbon C Suppository is suitable for children under 12 years of age. **Available Strengths:** Lecicarbon contains sodium hydrogen carbonate (Lecicarbon A: 0.5g per suppository; Lecicarbon C: 0.25g per suppository) and sodium dihydrogen phosphate (Lecicarbon A: 0.68g per suppository; Lecicarbon C: 0.34g per suppository). **Dosage and method of use:** Unless otherwise directed, insert one suppository into the rectum when needed. If necessary, this can be repeated after 30-60 minutes. **Contraindications:** Lecicarbon must not be used in cases of ileus (intestinal obstruction), in case of all anal and rectal region diseases that can lead to an excessive absorption of carbon dioxide, especially in children and infants, and in the case of hypersensitivity or allergy to soybean, peanut or one of the excipients of Lecicarbon suppository. In the presence of toxic megacolon, the product should only be used with explicit permission of the treating physician. **Special warnings and precautions for use:** none known. **Pregnancy/lactation:** May be used during pregnancy after risk/benefit evaluation. May be used during breastfeeding. **Side effects:** Rarely Soya lecithin has been known to cause allergic reactions. The insertion of the suppository can very occasionally cause a slight burning sensation, which quickly disappears. **MA number:** Lecicarbon A: PL 28418/0001; Lecicarbon C: PL 28418/0002. **Cost:** £8.20 pack of 10. **MAH:** athenstaedt GmbH & Co KG, Am Beerberg 1, 35088 Battenberg, Germany. **Distributed by:** Aspire Pharma Ltd, Unit 4, Rotherbrook Court, Bedford Road, Petersfield, GU32 3QG. **Legal category:** P. **Date reviewed:** October 2024. **Version number:** 1010222051 v 9.0

Information about this product including adverse reactions, precautions, contraindications and methods of use can be found at [www.lecicarbon.co.uk](http://www.lecicarbon.co.uk).

1010222040 v 13.0 January 2025



**ASPIRE<sup>®</sup>**  
P H A R M A

[www.aspirepharma.co.uk](http://www.aspirepharma.co.uk)

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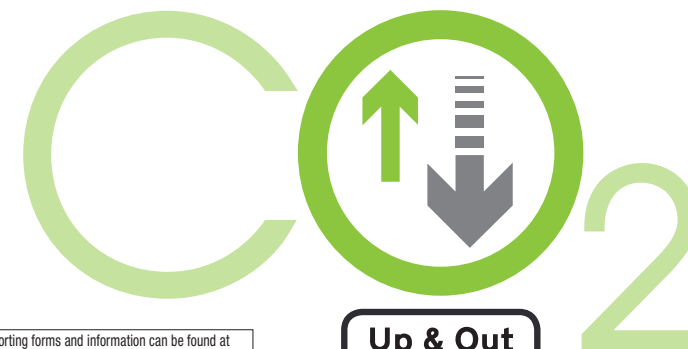


## A fast acting suppository laxative which works within



**15-30 mins<sup>1,2</sup>**

## Gently releasing CO<sub>2</sub> for a predictable\* bowel movement<sup>1,2,3</sup>



Adverse events should be reported. Reporting forms and information can be found at [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard)  
Adverse events should also be reported to Aspire Pharma Ltd. (Tel: 01730 231148)

**Up & Out**  
*Fast*

Prescribing information can be found on the back page

# Lecicarbon®

Sodium hydrogen carbonate  
Sodium dihydrogen phosphate

## An easy to use suppository laxative

Up & Out  
Fast

### Lecicarbon® A + Lecicarbon® C

Adults

Children

- Is effective with minimal side effects<sup>1,2</sup>
- Easy to use with a fast onset of action in just 15-30 minutes<sup>1,2</sup>

### A predictable\* response suits certain patients<sup>1,2</sup>



#### Bed ridden

Patient management in a predictable time frame



#### Mobility compromised

Take medication and receive effective lavatory visits



#### Lack of fibre

Constipation due to intake of food not containing enough fibre



#### Easy defaecation

Use for diseases requiring easy defaecation



#### Bowel preparation

To empty the colon prior to diagnostic or therapeutic procedures in the rectum



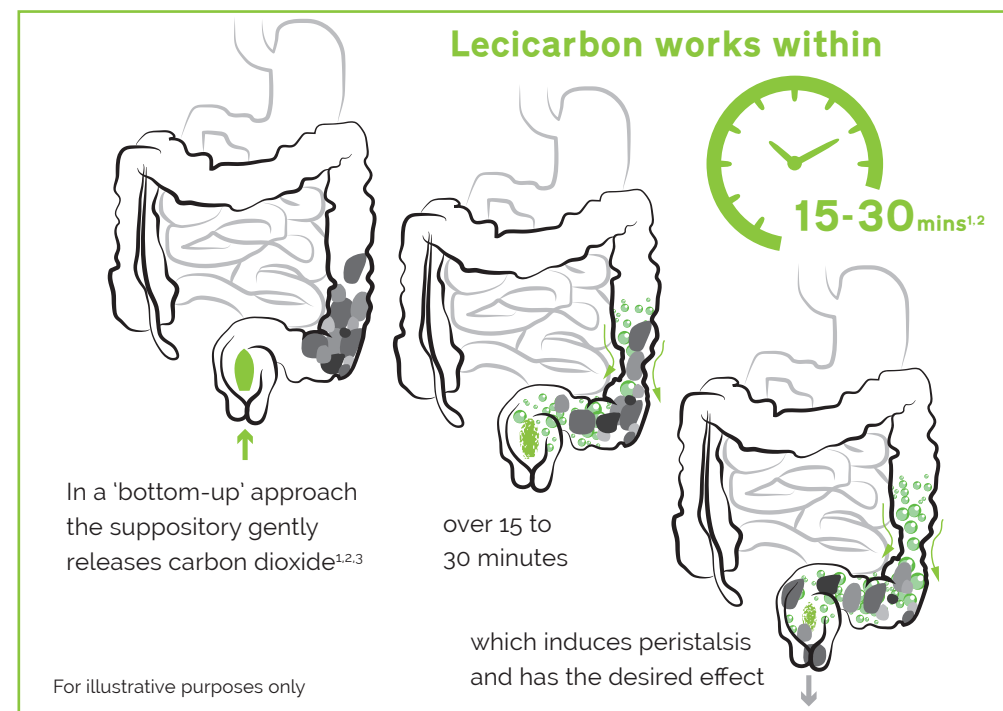
#### Nil by mouth

Alternative route of administration



#### Lack of activity

Constipation from lack of physical activity



To find out more about Lecicarbon, please visit:  
[www.lecicarbon.co.uk](http://www.lecicarbon.co.uk)