



I've got the power

PRESCRIBING INFORMATION: INDICATIONS: Duodenal ulcer, benign gastric ulcer, ulcers associated with non-steroidal anti-inflammatory drugs (NSAIDs), oesophageal reflux disease, severe oesophagitis, chronic episodic dyspepsia. **DOSAGE:** Adults: Duodenal ulceration and gastric ulceration: A single 300mg dose at bedtime or 150mg twice daily in the morning and evening for four weeks. Alternatively, in duodenal ulcers, 300mg in the morning and evening for four weeks to achieve optimal healing. Continued maintenance treatment of 150mg at bedtime is recommended for patients with a history of recurrent ulceration. Ulcers following non-steroidal anti-inflammatory drug therapy or associated with continued non-steroidal anti-inflammatory drugs: 150mg twice daily for up to eight weeks. Chronic episodic dyspepsia: 150mg twice daily for six weeks, investigate early relapsers and non-responders. Oesophageal reflux disease: 300mg at bedtime or 150mg twice daily for up to eight weeks. Severe oesophagitis: 300mg four times daily for up to eight weeks (see data sheet for full dosage instructions). **CONTRA-INDICATIONS:** Patients with known hypersensitivity to ranitidine. **PRECAUTIONS:** In patients in whom sodium restriction is indicated, care should be taken when administering sodium-containing Effervescent Tablets and Granules. Exclude the possibility of malignancy in gastric ulcer before instituting therapy, especially in middle-aged patients with new or recently changed dyspeptic symptoms. Regular supervision of patients with peptic ulcer and on NSAID therapy is recommended especially if elderly. Reduce dosage in the presence of severe renal failure (see data sheet). Like other drugs, use during pregnancy and lactation only if strictly necessary. **SIDE EFFECTS:** Headache, dizziness, skin rash, occasional hepatitis. Rarely, reversible mental confusion states, usually in very ill or elderly patients. Rare cases of leucopenia and thrombocytopenia, usually reversible, agranulocytosis and pancytopenia. Hypersensitivity reactions, anaphylactic shock. Rare cases of breast symptoms in men. As with other H_2 -receptor antagonists rare cases of bradycardia, A-V block and asystole (see data sheet). **PRESENTATIONS:** Zantac 150 Tablets each containing 150mg ranitidine (Product licence number 0004/0279, 60 tablets £29.76); Zantac 300 Tablets each containing 300mg ranitidine (Product licence number 0004/0302, 30 tablets £27.43); Zantac Dispersible Tablets each containing 150mg ranitidine (Product licence number 0004/0298, 60 tablets £31.25); Zantac Effervescent Tablets each containing 150mg ranitidine and 14.3mEq sodium (Product licence number 0004/0392, 60 tablets £31.25); Zantac Effervescent Tablets each containing 300mg ranitidine and 20.8mEq sodium (Product licence number 0004/0393, 30 tablets £31.25); Zantac Effervescent Granules each containing 150mg ranitidine and 10.2mEq sodium (Product licence number 0004/0394, 30 sachets £15.63); Zantac Effervescent Granules each containing 300mg ranitidine and 20.4mEq sodium (Product licence number 0004/0395, 30 sachets £31.25); Zantac Syrup each 10ml dose containing 150mg ranitidine (Product licence number 0004/0310, 300ml bottle £22.32). **PRODUCT LICENCE HOLDER:** Glaxo Operations U.K. Limited, Greenford, Middlesex UB6 0HE. Zantac is a Glaxo trade mark. Further information is available on request from: Glaxo Laboratories Limited, Stockley Park West, Uxbridge, Middlesex UB11 1BT. Tel: 081 990 9000.

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Zantac
RANITIDINE



Keep up with the times—

THE HEALTH DEBATE LIVE: 45 INTERVIEWS FOR LEADING FOR HEALTH

The BMA's document *Leading for Health: a BMA Agenda for Health*, encompasses often contrasting views and presents questions that need answering. What did people actually say in their interviews? With the interviewees permission, the *BMJ* has published the transcripts of their original comments. This collection provides a lively and provocative contribution to the health service debate.

UK £10.95; Abroad £13.00 (BMA members £9.95 or £12.00)

THE FUTURE OF HEALTH CARE

The best way to provide health services is a subject that has to be tackled by governments and health professionals worldwide. The British government has been attempting this in its reforms of the NHS, and the BMA has produced its own "agenda for health". To give readers a better grasp of these issues the *BMJ* asked experts about the main topics on the agenda—such as rationing of care and funding of services—and to suggest action for the future.

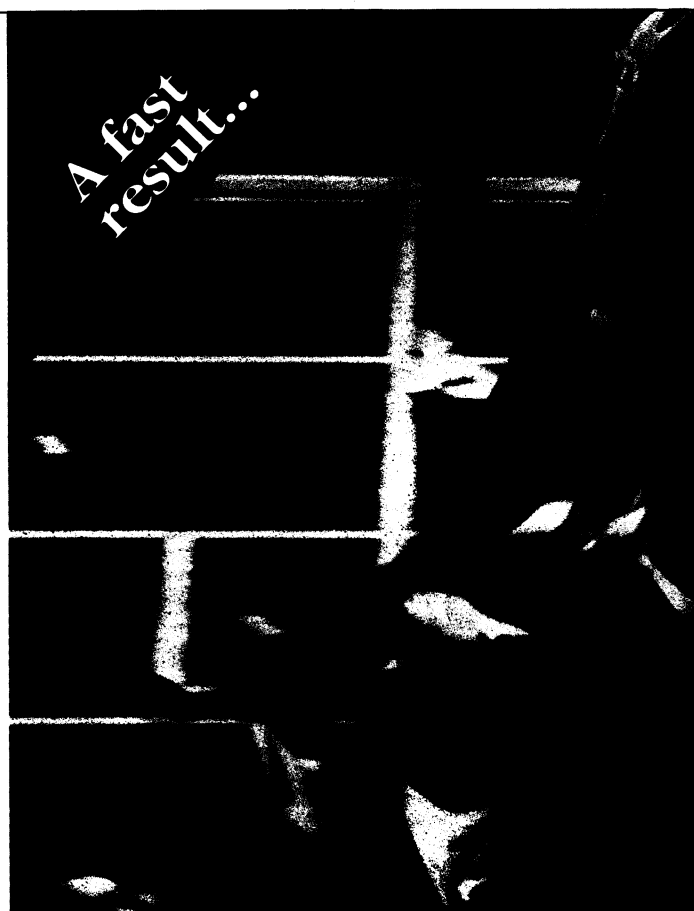
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BMJ

Prescribing information. Presentation: Losec capsules containing 20mg omeprazole. **Uses:** Treatment of reflux oesophagitis. Symptom relief is rapid, and the majority of patients are healed after 4 weeks. Treatment of duodenal and benign gastric ulcers, including those complicating NSAID therapy. Zollinger-Ellison syndrome. **Dosage and administration: Adults (including elderly).** In reflux oesophagitis: 20mg once daily, given for 4 weeks. For those patients not fully healed after the initial course, healing usually occurs during a further 4-8 weeks treatment. Losec has also been used in a dose of 40mg once daily in patients with reflux oesophagitis refractory to other therapy. Healing usually occurred within 8 weeks. Patients can be continued at a dosage of 20mg once daily. **Duodenal and benign gastric ulcers:** 20mg once daily. The majority of patients with duodenal ulcer are healed after 4 weeks. The majority of patients with benign gastric ulcer are healed after 8 weeks. In severe cases, the dose may be increased to 40mg Losec once daily. Long-term therapy with Losec in the treatment of gastric and duodenal ulcers is not currently recommended. **Zollinger-Ellison syndrome:** 60mg once daily. The dosage should be adjusted individually and treatment continued as long as clinically indicated. More than 90% of patients with severe disease and inadequate response to other therapies have been effectively controlled on doses of 20 to 120mg daily. With doses above 80mg, the dose should be divided and given twice daily. **Children:** There is no experience of the use of Losec in children. **Impaired renal or hepatic function:** Adjustment is not required. Patients with severe liver disease should not require more than 20mg Losec daily. **Contra-indications, precautions & warnings:** **Contra-indications:** No known contra-indications to the use of Losec. When gastric ulcer is suspected, the possibility of malignancy should be excluded before treatment with Losec is instituted, as treatment may alleviate symptoms and delay diagnosis. Avoid in pregnancy unless there is no safer alternative. Breast feeding should be discontinued if the use of Losec is considered essential. Losec is well tolerated. Nausea, headache, diarrhoea, constipation and flatulence have been reported but are rare. Skin rashes have occurred in a few patients. These events have usually been mild and transient and there has been no consistent relationship with treatment. Losec can delay the elimination of diazepam, phenytoin and warfarin. Monitoring of patients receiving warfarin or phenytoin is recommended and a reduction of warfarin or phenytoin dose may be necessary when omeprazole is added to treatment. No evidence of an interaction with theophylline, propranolol, metoprolol, lidocaine, quindine or antacids. **Animal Toxicology:** Gastric ECL-cell hyperplasia and carcinoids have been observed in life-long studies in rats treated with omeprazole or subjected to partial fundectomy. These changes are the result of sustained hypergastrinaemia secondary to acid inhibition and not from a direct effect of any individual drug. No treatment related mucosal changes have been observed in patients treated continuously for periods up to 5 years. **Pharmaceutical precautions:** Use within three months of opening. Replace cap firmly after use. Dispense in original container. **Legal category:** POM **Pack size and basic NHS cost:** Bottles of 5 capsules, £6.49; Bottles of 28 capsules, £36.36. **Product Licence No:** PL0017/0238 **Product Licence Holder:** Astra Pharmaceuticals Ltd., Home Park, Kings Langley, Herts WD4 8DH. **Date of preparation:** January 1992 **References** 1. Holt S & Howden CW. *Dig Dis & Sci* 1991; **36** (4): 385-93. 2. Sandmark S et al. *Scand J Gastroenterol* 1988; **23**: 625-32. 3. McFarland RJ et al. *Gastroenterol* 1990; **98**: 278-83. 4. Bate CM et al. *Gut* 1990; **31**: 968-72.

ASTRA

For further information, please contact
Astra Pharmaceuticals Ltd. Telephone: (0923) 266191.
Losec is a registered trademark



AUDIT IN ACTION covers audit both in hospitals and in general practice. Valuable reading for all those concerned to improve the quality of health care.

UK £10.95; Abroad £13.00 (BMA members £9.95 or £12.00)

THE FUTURE OF GENERAL PRACTICE discusses topics at the heart of this debate including research, audit, list sizes, fund holding, and general practitioners' educational needs.

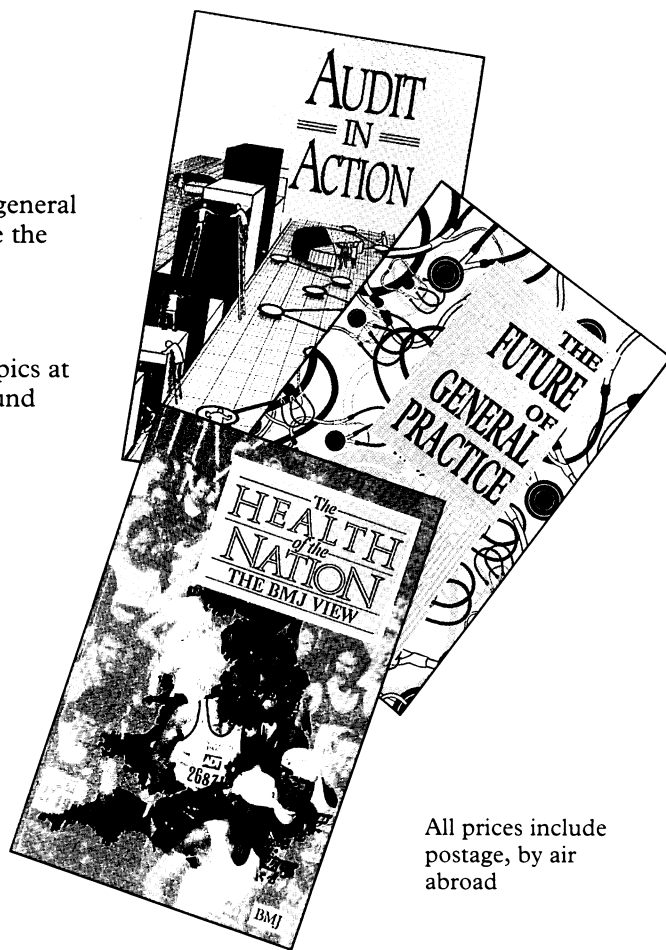
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THE HEALTH OF THE NATION—THE BMJ VIEW
Contributors discuss each of the 16 key areas defined in the government's strategy and suggest other subjects that might qualify as key areas.

UK £9.95; Abroad £12.00 (BMA members £8.95 or £11.00)

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American Express/Mastercard/VISA credit cards accepted
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FROM THE START**

IN REFLUX OESOPHAGITIS
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IN DUODENAL
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One 20mg capsule daily



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omeprazole-Astra

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Rapid relief for patients gripped by IBS

Colofac rapidly relieves the symptoms of Irritable Bowel Syndrome by a direct action on colonic smooth muscle.

Colofac eliminates spasm without the anti-cholinergic side effects that can prove troublesome to the patient.



colofac[®] 
mebeverine
loosens the grip of IBS

Prescribing Information

Presentation: White, sugar-coated tablets each containing 135mg mebeverine hydrochloride. Available in packs of 100. Basic NHS price £8.35. Yellow, banana-flavoured sugar-free suspension containing mebeverine pamoate equivalent to 50mg mebeverine hydrochloride per 5ml. Available in bottles of 300ml. Basic NHS price £3.50.

Indications: 1. Irritable bowel syndrome. 2. Gastro-

intestinal spasm secondary to organic diseases.

Dosage and Administration: Tablets: Adults and children ten years and over: One tablet three times a day, preferably 20 minutes before meals. Suspension: Adults and children ten years and over: 15ml (150mg) three times a day, preferably 20 minutes before meals. **Contra-indications, warnings, etc:** Animal experiments have failed to show any terato-

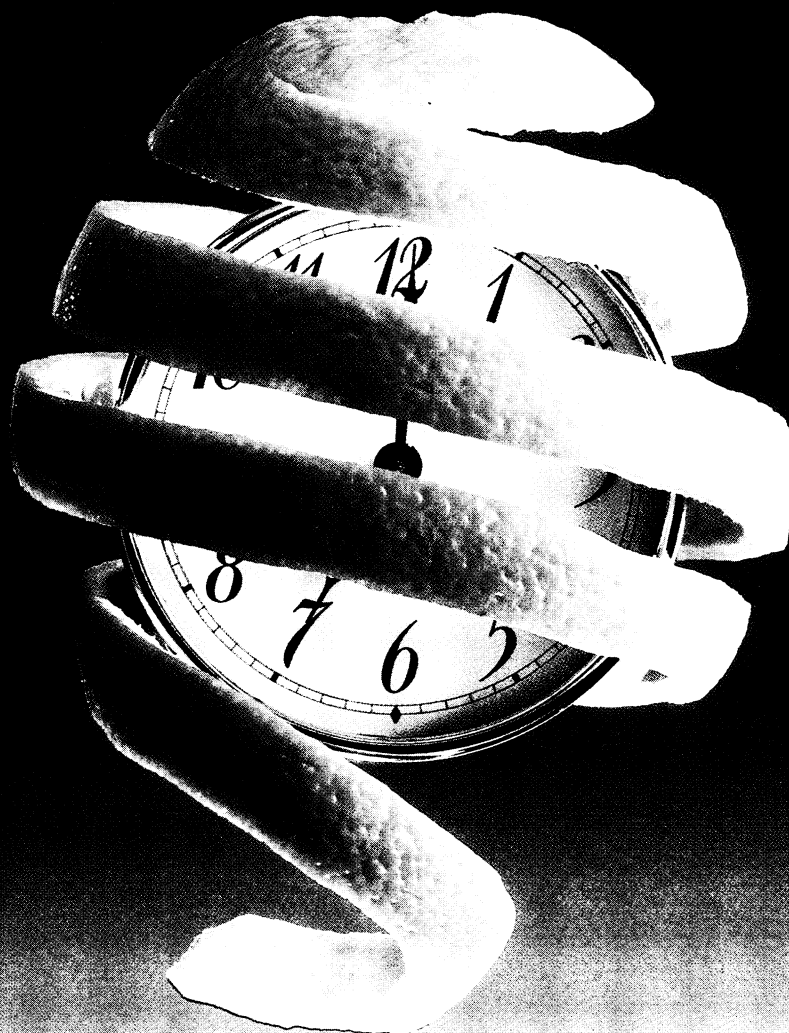
genic effects. However, the usual precautions concerning the administration of any drug during pregnancy should be observed. **Product Licence Number:** Tablets: 0512/0044; Suspension: 0512/0061.

Further information is available on request to the Company. Duphar Laboratories Limited, Gaters Hill, West End, Southampton, SO3 3JD. Telephone: 0703 472281

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NOW EVEN MORE ORANGEY



New formulation Fybogel Orange now tastes even more orangey; making it even more attractive to your patients. And as ever, natural pleasant-tasting Fybogel Orange can be trusted to relieve constipation quickly and restore regularity.¹

Ispaghula Husk BP

REGULAR AS CLOCKWORK

Indications: Conditions requiring a high-fibre regimen. **Dosage and Administration:** (To be taken in water). Adults and children over 12: One sachet morning and evening. Children 6-12 years: Half to one level 5ml spoonful depending on age and size, morning and evening. Children under 6 years: To be taken only on medical advice. **Contra-indications, Warning, etc:** Fybogel is contra-indicated in cases of intestinal obstruction and colonic atony. Each sachet contains 3.5g Ispaghula husk BP. **Basic NHS Price:** At Jan '92 60 sachets £4.84, Eire: 60 sachets IR £4.92. **PLNo.:** Fybogel 0044/0041, **Irish PA** 27/2/1, Fybogel Orange 0044/0068, **Irish PA** 27/2/2. **Reference:** 1. Data on file, 394 Patient Study, Reckitt & Colman Products (1989) RMEX35003/012. Fybogel and the sword and circle are trademarks of Reckitt & Colman Products Ltd. Further information is available on request from Reckitt & Colman Products, Hull HU8 7DS.



Why settle for 59% remis

PRESCRIBING INFORMATION: Dipentum

Presentation: Caramel coloured capsules containing 250mg olsalazine sodium. **Uses:** Oral treatment of acute mild ulcerative colitis and the maintenance of remission. Olsalazine consists of two molecules of 5-aminosalicylic acid (5-ASA) joined through an azo-bond. The systemic absorption of olsalazine is minimal: 99% of an oral dose will reach the colon. Olsalazine is activated in the colon where it is converted into 5-ASA. The release of 5-ASA is neither pH nor time dependent. 5-ASA acts topically on the colonic mucosa and local colonic concentrations of 5-ASA are more than 1000 times that found in the serum. **Dosage and Administration:** *Acute*

Mild Disease: Adults including the Elderly. Commence on 1g daily in divided doses and, depending upon the patient response, titrate the dose upwards to a maximum of 3g daily over 1 week. A single dose should not exceed 1g. Olsalazine should be taken with food. **Remission:**

Adults including the Elderly. Two capsules (0.5g) twice daily taken with food. **Contra-indications: Warnings etc:** **Contra-indications:** Hypersensitivity to salicylates. There is no experience of the use of olsalazine in patients with significant renal impairment. Olsalazine is contra-indicated in patients with significant renal impairment.

Pregnancy: Reproduction studies performed in mice, rats and rabbits have revealed no evidence of impaired fertility, harm to the foetus or teratogenic effects due to olsalazine administration. However, the experience of use in pregnant women is limited. Dipentum should not be used during pregnancy unless the clinician considers that the potential benefit outweighs the possible risk to the foetus.

Lactation: There are no data on the excretion of olsalazine in breast milk.

Adverse Reactions: Watery diarrhoea has been recorded in 15% of patients treated. In half of these patients the diarrhoea was either transient or overcome by dose reduction. In patients who do not respond to dose reduction the drug should be stopped. As with sulphasalazine and mesalazine gastrointestinal side-effects are the most common. The most frequently reported adverse reactions are diarrhoea, abdominal cramps, headache, nausea, dyspepsia, arthralgia and rash. **Treatment of Overdose:** There is no specific antidote to olsalazine. Treatment should be supportive.

Pharmaceutical Precautions: Store at room temperature in a dry place. **Legal Category:** POM. **Package**

Quantities: Containers of 100 capsules. **Further**

Information: Olsalazine has been used concomitantly with

glucocorticosteroids. **Product Licence Number:**

0009 0069. **Product Licence Holder:** Pharmacia

Biosystems Ltd, Davy Avenue, Knowhill, Milton Keynes

MK5 8PH. **Distributed by:** Kabi Pharmacia Ltd., Davy

Avenue, Knowhill, Milton Keynes MK5 8PH. **References:**

1. Courtney, M.G. et al. (1990) The 9th World Congress of

Gastroenterology, Sydney, Australia. Abstr. PP727.



Kabi Pharmacia

sion when you can achieve 74%?¹

Ulcerative colitis can ruin lives with its distressing cycle of relapses. Surely the most rewarding strategy, once you've done the job of controlling the acute phase of this disease, is to

maintain remission as effectively as possible.

In percentage terms, a year-long remission study gave Dipentum

a comforting 15% edge over coated mesalazine.¹ In human terms, that's a potential difference you can't afford to ignore. But then what would you expect from a 5-ASA treatment that can deliver 99% of an oral dose to the colon?

IN ULCERATIVE COLITIS



Dipentum[®]
olsalazine sodium

Because remission means
so much

NAPRATEC™ (naproxen and misoprostol combination pack)

Abbreviated Prescribing Information

Uses:

For patients who require naproxen 500mg b.d. to treat rheumatoid- or osteo-arthritis or ankylosing spondylitis and Cytotec 200mcg b.d. to prevent NSAID-induced gastroduodenal ulceration.

Dosage:

One tablet of naproxen and one tablet of Cytotec twice daily with food.

Contraindications:

Pregnant women, women planning a pregnancy, breast feeding women, hypersensitivity to naproxen, naproxen sodium or prostaglandins, aspirin/anti-inflammatory-induced allergy. As a 'prevention pack' Napratec should not be used in patients with active gastroduodenal ulceration.

Warnings/Precautions:

Pre-menopausal women should use effective contraception and be advised of the risks of taking the products if pregnant.

NSAIDs decrease platelet aggregation and prolong bleeding time.

Use with care in patients with impaired renal and hepatic function; compromised cardiac function; in those with asthma or allergic disease and in disease states where hypotension might precipitate severe complications. Caution is required if any of the following are administered concurrently: hydantoin, anti-coagulants or highly protein bound sulphonamides, diuretics, beta blockers, lithium, probenecid, methotrexate.

Naproxen adverse effects:

GI - nausea, vomiting, abdominal discomfort, bleeding, ulceration, occasionally colitis. The inclusion of Cytotec in the combination pack is to prevent naproxen-induced gastric and duodenal ulceration.

CNS - headache, insomnia, inability to concentrate and cognitive dysfunction.

Dermatological/hypersensitivity - skin rashes, urticaria, angio-oedema; rarely anaphylactic reactions, eosinophilic pneumonitis, alopecia, erythema multiforme, Stevens Johnson syndrome, epidermal necrolysis, photosensitivity reactions.

Haematological - thrombocytopenia, granulocytopenia, aplastic anaemia, haemolytic anaemia.

Other - tinnitus, hearing impairment, vertigo, mild peripheral oedema; rarely jaundice, fatal hepatitis, nephropathy, haematuria, visual disturbances, vasculitis, ulcerative stomatitis.

Cytotec adverse effects:

GI - diarrhoea, abdominal pain, dyspepsia, flatulence, nausea, vomiting.

Female reproductive - menorrhagia, vaginal bleeding, intermenstrual bleeding.

Other - skin rashes; infrequently dizziness.

Presentation:

Combination pack containing 56 tablets of naproxen 500mg and 56 tablets of Cytotec 200mcg. PL0020/0190, 1 x Napratec OP £18.00. (28 days treatment). Data sheet with full prescribing information available on request.

Naproxen with peace of mind



NAPRATEC™ 

naproxen and misoprostol combination pack

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Searle, P.O. Box 53
Lane End Road, High Wycombe
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Softens the impact of naproxen on the stomach



“Sorry to bring it up, but I need some Motilium”

If you are called on to deal with acute nausea and vomiting remember Motilium
and avoid a flap. Clinical trials have shown Motilium to be more effective than metoclopramide^{1,2}
and unlikely to cause central side-effects^{3,4,5} because it does not readily cross the blood-brain barrier.⁶

Motilium: it will be a feather in your cap.

Motilium[®]

domperidone

effective relief of acute nausea and vomiting — whatever the cause

Prescribing information Uses: Adults (including elderly): The acute treatment of nausea and vomiting of any aetiology, and for up to 12 weeks treatment of nausea and vomiting due to L-dopa and bromocriptine. Not recommended for chronic use nor, routinely, for prophylaxis of post-operative vomiting. **Children:** Only for nausea and vomiting following cancer chemotherapy or irradiation. **Presentation:** Motilium tablets (domperidone 10mg): Cartons of 30 and 100 tablets in blister strips of 10. Basic NHS cost 30 tablets: £2.52, 100 tablets: £8.42. PL0071/0287. Motilium suspension (domperidone 1mg/ml): Bottles of 200ml. Basic NHS cost of 200ml: £1.85. PL0071/0292. Motilium suppositories (domperidone 30mg): Cartons of 10 in blister strips of 5. Basic NHS cost 10 suppositories: £2.72. PL0071/0290. **Dosage:** Route, dose and frequency of dosing should be adjusted according to severity and duration of symptoms. **Adults (including elderly):** Tablets or suspension: 10-20mg at 4-8 hourly intervals. Suppositories: 1 or 2 at 4-8 hourly intervals. **Children:** Suspension: 0.2-0.4mg/kg at 4-8 hourly intervals. Suppositories: for children aged 2-12 years, 1-4 daily according to body weight (see Data Sheet). **Contra-indications, Warnings, etc.:** No specific contra-indications. Safety of Motilium in pregnancy has not yet been established, therefore it should be avoided in those who are pregnant. **Side-effects:** In common with other dopamine antagonists Motilium produces a rise in serum prolactin which may be associated with galactorrhoea, and less frequently, gynaecomastia. Domperidone does not readily cross the normally functioning blood-brain barrier. However, acute extrapyramidal dystonic reactions have been reported with Motilium.

References: 1. Moriga M. *Roy Soc. Med. Int. Cong. Symp. Ser.* 1981; 36: 77-79. 2. De Loose F. *Pharmatherapeutica* 1979; 2 (3): 140-146. 3. Van Ganse W. *Curr. Ther. Res.* 1978; 23 (6): 695-701. 4. Van Outryve M et al. *Postgrad. Med. J.* 1979; 55 (Suppl. 1): 33-35. 5. Van de Mierop L et al. *Digestion* 1979; 19: 244-250. 6. Laduron PM & Leysen JE. *Biochem. Pharmacol.* 1979; 28: 2161-2165. Motilium is a registered trade mark. Further information available from: Sanofi Winthrop Limited, 1 Onslow Street, Guildford, Surrey GU1 4YS.

sanofi  WINTHROP



PRESCRIBING INFORMATION: INDICATIONS: Duodenal ulcer, benign gastric ulcer, ulcers associated with non-steroidal anti-inflammatory drugs (NSAIDs), oesophageal reflux disease, severe oesophagitis, chronic episodic dyspepsia. **DOSAGE:** Adults: Duodenal ulceration and gastric ulceration: A single 300mg dose at bedtime or 150mg twice daily in the morning and evening for four weeks. Alternatively, in duodenal ulcers, 300mg in the morning and evening for four weeks to achieve optimal healing. Continued maintenance treatment of 150mg at bedtime is recommended for patients with a history of recurrent ulceration. Ulcers following non-steroidal anti-inflammatory drug therapy or associated with continued non-steroidal anti-inflammatory drugs: 150mg twice daily for up to eight weeks. Chronic episodic dyspepsia: 150mg twice daily for six weeks. Investigate early relapsers and non-responders. Oesophageal reflux disease: 300mg at bedtime or 150mg twice daily for up to eight weeks. Severe oesophagitis: 300mg four times daily for up to eight weeks (see data sheet for full dosage instructions). **CONTRA-INDICATIONS:** Patients with known hypersensitivity to ranitidine. **PRECAUTIONS:** In patients in whom sodium restriction is indicated, care should be taken when administering sodium-containing Effervescent Tablets and Granules. Exclude the possibility of malignancy in gastric ulcer before instituting therapy, especially in middle-aged patients with new or recently changed dyspeptic symptoms. Regular supervision of patients with peptic ulcer and on NSAID therapy is recommended especially if elderly. Reduce dosage in the presence of severe renal failure (see data sheet). Like other drugs, use during pregnancy and lactation only if strictly necessary. **SIDE EFFECTS:** Headache, dizziness, skin rash, occasional hepatitis.

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I've got the power

Rarely, reversible mental confusion states, usually in very ill or elderly patients. Rare cases of leucopenia and thrombocytopenia, usually reversible, agranulocytosis and pancytopenia. Hypersensitivity reactions, anaphylactic shock. Rare cases of breast symptoms in men. As with other H_2 -receptor antagonists rare cases of bradycardia, A-V block and asystole (see data sheet).

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PRODUCT LICENCE HOLDER: Glaxo Operations U.K. Limited, Greenford, Middlesex UB6 0HE. Zantac is a Glaxo trade mark. Further information is available on request from: Glaxo Laboratories Limited, Stockley Park West, Uxbridge, Middlesex UB11 1BT. Tel: 081 990 9000.

Zantac
RANITIDINE

THE QUALITIES OF LEADERSHIP



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Unique among foam treatments, Colifoam has over 12 years of proven efficacy and safety in clinical practice.

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Equally as effective as steroid enemas,^{1,2} Colifoam is well documented and is

the most prescribed topical treatment³ for ulcerative colitis.

Confidence

Colifoam's simplicity and effectiveness has transformed the lives of thousands of patients, enabling them to pursue active social and working lives.¹

COLIFOAM
10% Hydrocortisone acetate foam.

The leading topical treatment for ulcerative colitis.

PRESCRIBING INFORMATION: Presentation: White odourless aerosol containing hydrocortisone acetate PhEur 10%. Uses: Ulcerative colitis, proctosigmoiditis and granular proctitis. Dosage and administration: One applicatorful inserted into the rectum once or twice daily for two or three weeks and every second day thereafter. Shake can vigorously before use (illustrated instructions are enclosed with pack). Contra-indications, warnings etc.: Local contra-indications to the use of intrarectal steroids include obstruction, abscess, perforation, peritonitis, fresh intestinal anastomoses and extensive fistulae. General precautions common to all corticosteroid therapy should be observed during treatment with Colifoam. Treatment should be administered with caution in patients with severe ulcerative disease because of their predisposition to perforation of the bowel wall. Safety during pregnancy has not been fully established. Pharmaceutical precautions: Pressurized container. Protect from sunlight and do not expose to temperatures above 50°C. Do not pierce or burn even after use. Do not refrigerate. Keep out of reach of children. For external use only. Legal category: POM. Package Quantity & Basic NHS cost: 25g canister plus applicator, £7.25. Further Information: One applicatorful of Colifoam provides a dose of approximately 125mg of hydrocortisone acetate, similar to that used in a retention enema, for the treatment of ulcerative colitis, sigmoiditis and proctitis. Product Licence No.: 0036/0021. References 1. Somerville KW et al. British Medical Journal 1985; 291:866. 2. Ruddell WSJ et al. Gut 1980; 21:885-889. 3. Independent Research Audit. Data on File. Further information is available on request. Stafford-Miller Ltd., Professional Relations Division, Broadwater Road, Welwyn Garden City, Herts. AL7 3SP.

Whichever way you look at it

COST -

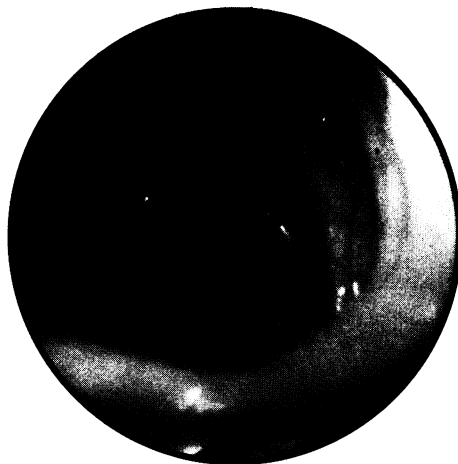
PICOLAX costs just 59p and bowel preparation time is reduced to one day, usually at home. Hospital bedstay is cut down and valuable nursing time saved.¹

EXPERIENCE -

Over ten years of UK experience and some 4.5 million doses have established PICOLAX as the usual method of bowel preparation before radiology or endoscopy.²

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Numerous studies have shown that, in just one day, PICOLAX with dietary control prepares the colon as effectively as inpatient enemas which can take up to three days.^{1,3,4,5}



PRESCRIBING INFORMATION

Name of Product: PICOLAX **Presentation:** Sachets each containing a powder for oral administration, active ingredients: Sodium picosulphate 10mg and magnesium citrate 13.1g (formed in solution). Packed in complete treatment packs of 2 sachets in outers of 25 x 2 sachets. **Uses:** For clearance of the bowel prior to examination by radiography, endoscopy or surgery. **Dosage and Administration:** **Adults:** 1st dose - before 8am on the day prior to examination. The contents of one sachet are dissolved in 150ml of water and swallowed. 2nd dose - between 2 and 4pm on the day prior to examination. One sachet as above. **Children:** Timings as above.

1-2 years:	½ sachet morning,	½ sachet afternoon
2-4 years:	½ sachet morning,	½ sachet afternoon
4-9 years:	1 sachet morning,	½ sachet afternoon
9 and above:	adult dose.	

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References :

- 1) Grace RH. Annals Royal College of Surgeons 1988 70:322-323
- 2) McDonagh AJG et al. Br Med J 1989 299:776-777
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- 5) Boulos PB et al. Colo-Proctology 1984 13:158-160

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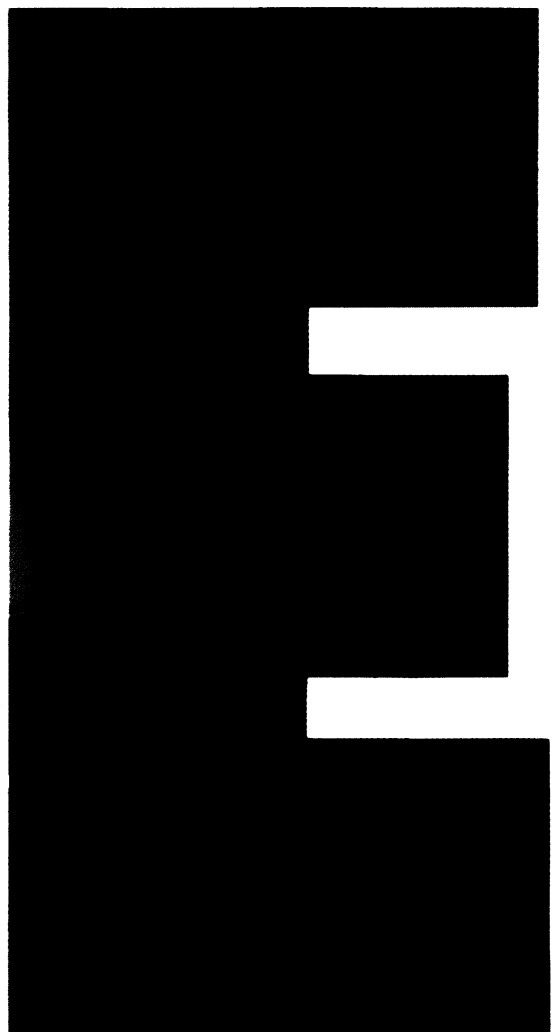
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References 1. Dew MJ *et al.* Colonic release of 5-aminosalicylic acid from an oral preparation in active ulcerative colitis. *Br J Clin Pharmacol* 1983;16:185-7. 2. Riley SA *et al.* Comparison of delayed release 5-aminosalicylic acid (mesalazine) and sulphasalazine in the treatment of mild to moderate ulcerative colitis relapse. *Gut* 1988;29(5):669-74. 3. Riley SA *et al.* Comparison of delayed-release 5-aminosalicylic acid (mesalazine) and

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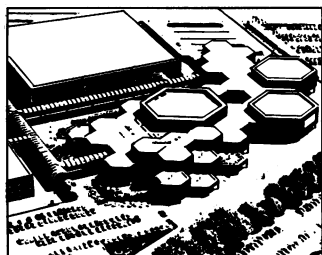
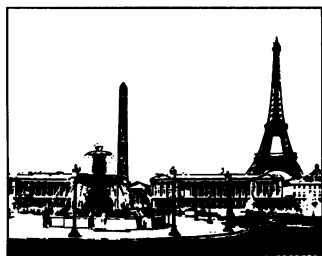
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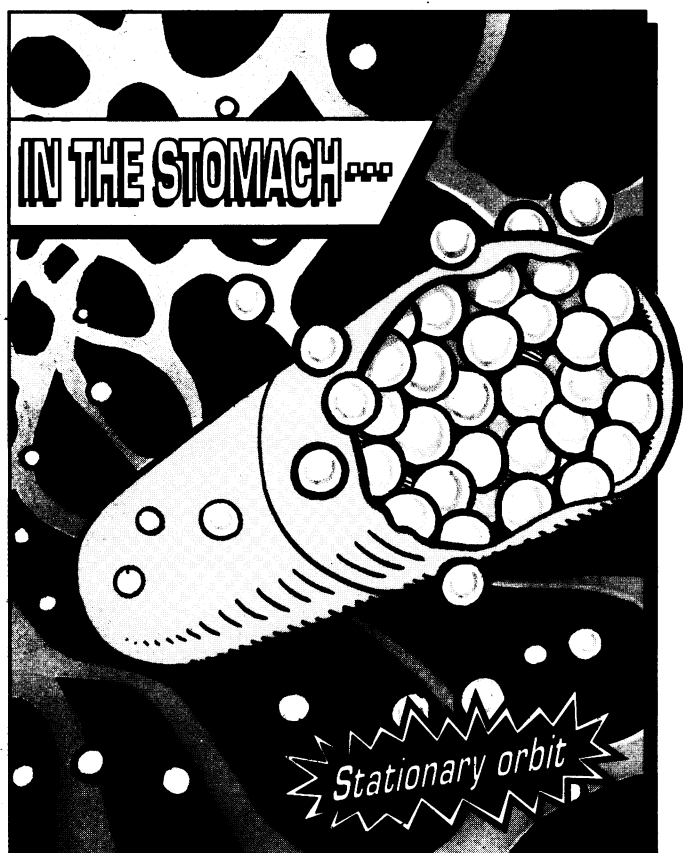
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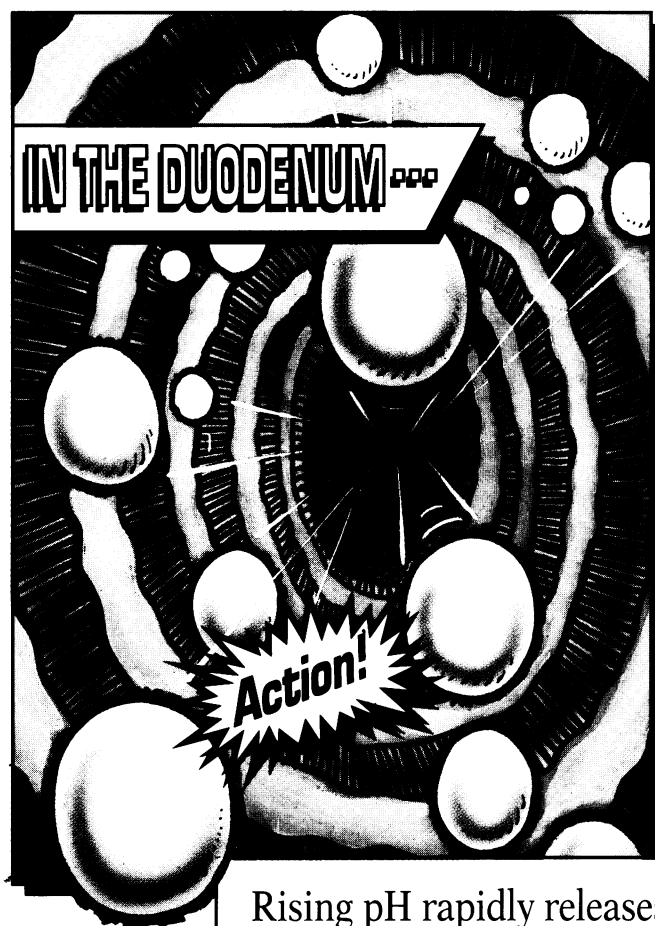
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1. Stead RJ et al. *Thorax* 1987;42:533-537. 2. Beverley DW et al. *Arch Dis Child* 1987;62:564-568.

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