

Patient Information

Pelvic Floor Service

How to use Lecicarbon A suppositories

What are Lecicarbon A suppositories?

These suppositories gently release carbon dioxide bubbles (CO₂) into the rectum to stimulate reflex bowel emptying without causing local irritation or abdominal cramps. Carbon dioxide is formed naturally during digestion as food is broken down.

Who are they for?

Adults and children over 12 years with:

- Constipation
- Poor or no sensation of needing to empty your bowels.
- Difficulty starting bowel evacuation
- Not feeling empty after you have been to the toilet
- Leakage after a bowel movement
- Erratic bowel function

Can anyone use them?

They have been recommended for you but are not suitable for everyone. If you have any questions or are unsure ask your Pharmacist or hospital specialist before using them or if you experience any side-effects. Don't use them if you are allergic to peanuts, soya or any other ingredients contained in the suppositories and always read the information leaflet first.

How do I use them?

Remove 1 suppository from packaging, lubricate with cold water only prior to insertion into the anus (back passage)

DO NOT USE LUBRICANT GEL

You may experience a slight burning sensation at first which will quickly disappear.

How long do they take to work?

They will usually work within 15 to 30 minutes.

You can use another suppository within 30 to 60 minutes if the first one hasn't worked.

If you have tried Lecicarbon several times but it still doesn't work you may need to contact your health professional to consider alternatives.

Can I use them long term?

Yes, they are safe to use long term and are not habit forming.

How do I obtain them?

Lecicarbon suppositories can be obtained on prescription via your GP or purchased from high street or online pharmacies.

Contact details for further information

Pelvic Floor Nurse Specialist

Royal Shrewsbury Hospital

Telephone: 01743 261083 (24hr answerphone)

Other Sources of Information

- **Aspire Pharma**
UK distributor of Lecicarbon suppositories
Telephone: 01730 231148
Website: www.lecicarbon.co.uk
- **The Pelvic Floor Society**
A national multi-professional body involved in supporting excellence in clinical practice, education and research, clinical standards, patient information and engagement in the commissioning of pelvic floor services.
Telephone: 020 7973 0307
Website: www.thepelvicfloorsociety.co.uk
- **Bladder and Bowel Foundation**
Information about bladder and bowel conditions, treatment and support
Telephone: 0870 770 3246
Website: www.bladderandbowelfoundation.org

Further information is available from:

- **Patient Advise and Liaison Service (PALS)**
PALS will act on your behalf when handling patient and family concerns. They can also help you to get support from other local or national agencies. PALS is a confidential service.

Royal Shrewsbury Hospital
Princess Royal Hospital

Tel: 0800 783 0057 or 01743 261691
Tel: 01952 282888

Website: www.sath.nhs.uk

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