



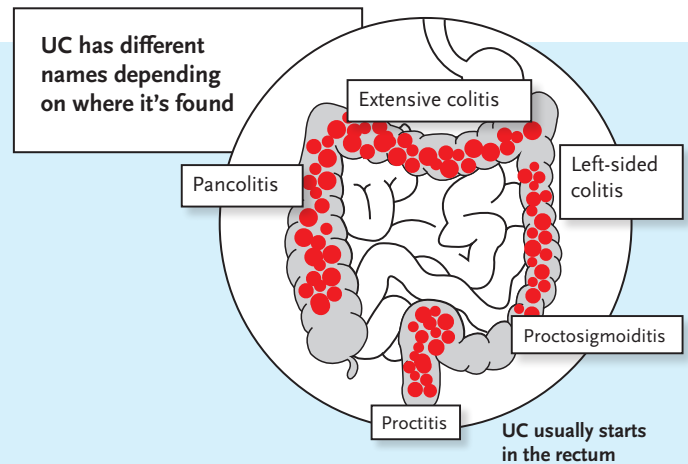
Why have I been prescribed rectal therapy?

1 of 2

In ulcerative colitis (or UC for short), the colon and rectum become inflamed.

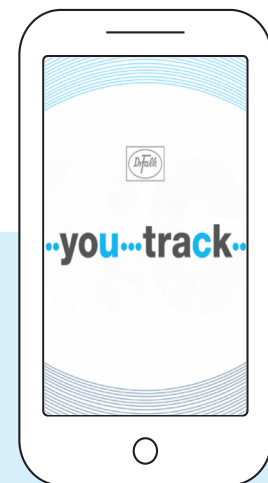
The goal of treatment is to get your inflammation under control and to stop it from coming back.

Getting the medicine where it's needed isn't always simple. For people with distal disease (UC that affects the last part of your colon), experts recommend rectal therapy as it makes sure the medicine gets to where it's needed most.



Depending on where your disease is located, the medicine is delivered to the inflamed areas by either a suppository, foam, or enema. It is natural to feel a bit uncertain about using rectal therapy at first. Don't worry, most people get used to them quickly and they become just another part of your day.

Even if you start to feel better, it is very important to stick to your treatment routine. If you do find yourself missing doses, talk to your doctor or nurse – they are there to help. You can also download the you...track app from the App and Google Play store to help you stay on track with your treatment and monitor your symptoms.



Symptom tracker app

For more information on inflammatory bowel disease, watch this video by scanning the QR code



If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at <https://www.yellowcard.mhra.gov.uk/> for UK residents and via <http://www.hpra.ie/homepage/about-us/report-an-issue> for residents of the Republic of Ireland. By reporting side effects you can help provide more information on the safety of medicines.



How to use Salofalk Liquid Rectal Enema

2 of 2

Salofalk Liquid Rectal Enemas contain a medicine called mesalazine. The diagrams below show you how to use the enema correctly. Please note, these instructions are for Salofalk Liquid Rectal Enema only. **Always follow your doctor's instructions when using this medicine.**

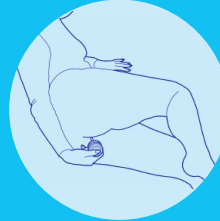
Each box contains 7 disposable bottles (enough for 7 daily doses).

1.



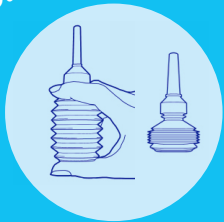
Shake the bottle for at least 30 seconds. Hold upright and remove the protective cap.

2.



Lie on your left side with your left leg stretched out and your right knee bent. Insert the lubricated nozzle deep into the rectum. Make sure to keep the bottle pointed towards your belly button.

3.



Tip the bottle slightly downwards and squeeze it slowly. When the bottle is empty, slowly remove the nozzle. The bottle's uni-directional valve stops liquid flowing back and the bottle will remain squeezed shut when empty.

4.



Lie on your left side for at least 30 minutes. If possible, try and retain the liquid all night.

Please make sure you:

- wash your hands before and after use
- store away from the reach of children
- do not store at extreme temperatures
- protect from direct sunlight
- do not use after the expiry date
- shake the bottle well before use
- dispose of the bottle after each use

It's important to try and be as relaxed as possible during administration. You shouldn't feel any pain when using the applicator, but if it does feel uncomfortable it might help to use additional lubricant or to run warm water over the applicator before use.

It is normal for people to leak some of the enema's contents after use, but this usually settles as your symptoms get better. If you do experience leakage, it might help to use the enema earlier in the evening so that you can have a shower before going to bed. Some people find it useful to wear an incontinence pad so that they don't have to worry about leakage during the night.

Unless you're advised otherwise by your doctor or specialist nurse, it is generally recommended that you keep using your therapy until symptoms settle. If your symptoms fail to settle you should let your hospital team know. Keeping a supply of enemas at home might be useful so that if you have any signs of rectal bleeding you can resume your therapy straight away.

When you insert the enema you shouldn't experience any rectal bleeding. However, you might notice some blood in your poo or in the toilet bowl when you pass the enema's contents. Don't worry this is normal, but if the amount of blood increases you should speak to your doctor or specialist nurse.

For more detailed information, please download 'How to use Salofalk Liquid Rectal Enema' video illustration (MP4 iPod/iPad ready) at www.dralk.co.uk/rectaltreatments or by scanning the QR code



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