

Sorbit

Packets

Composition:

Each packet contains: Sorbitol powder 5g.

Properties:

Sorbit contains sorbitol in a powder form, which is useful as an osmotic laxative either orally or as an enema, it works by retaining water in the colon thus softens the stools.

Sorbit hastens elimination of toxins from the gastrointestinal tract, by increasing colon peristalsis.

Sorbit has a sweetening power; and being poorly absorbed from the intestines, it does not produce a rise in blood sugar when taken by mouth.

Through its action on the intestines, Sorbit is found to be helpful in promoting secretion of the gall bladder.

Indications:

- Constipation.
- Promotes bile secretion.
- Management of poison ingestion along with activated charcoal.
- As a sweetening agent for diabetic patients or patients on diet.

Contraindications:

Sorbit is contraindicated in patients known to be allergic to sorbitol, or those who have fructose intolerance.

Adverse Reactions:

Sorbit is a well tolerated drug with a large safety margin when given at the recommended dose.

However, flatulence, abdominal pain, nausea, diarrhoea may occur in case of exceeding the stated dose.

Precautions:

Although poorly absorbed from GIT, since sorbitol is metabolized by the liver into fructose, it should not be given to patients with known hereditary fructose intolerance.

If your doctor recommends taking the drug for prolonged time (see warnings), it is recommended that fluid & electrolyte balance be monitored closely.

Warnings:

- Do not exceed recommended dose, or take the drug more than one week without your doctor recommendation, as there are few reports of causing diarrhea, loss of fluid & resultant electrolyte imbalance & hypernatraemia after prolonged administration.
- Check with your doctor as soon as possible if you experience severe allergic reactions (rash; itching; difficulty breathing; tightness in the chest; swelling of the mouth, face, lips or tongue).
- Check with your doctor as soon as possible if you experience vomiting, continuing constipation, unusual abdominal swelling, weakness, dizziness, or rectal

bleeding.

Avoid taking other laxatives while on sorbitol therapy.

Pregnancy

There are no controlled data in human pregnancy.

Breastfeeding

There are no data on the excretion of sorbitol into human milk. Sorbitol should only be given during pregnancy or breastfeeding when the benefit outweighs the risk.

Ask your doctor if you get pregnant or intend to breastfeed your baby before taking the drug.

Drug Interaction:

There are reports of colonic necrosis due to administration of sodium polystyrene sulfonate enema containing sorbitol vehicle, this preparation is used for potassium toxicity; the relation of this rare condition to sorbitol is unknown.

Dosage and Administration:

Adults:

1- For treatment of constipation:

- Orally:
 - Dissolve the contents of 2-3 packets in ½ a glass of water.
 - Sorbit may be taken with or without food.
 - Drink before bedtime, or as recommended by physician.

- Rectally:

- Dissolve the contents of 4-10 Packets (20-50 g) in 200 ml of water to be taken as an enema before bedtime or as recommended by the physician.

2- For treatment of poisoning:

- Dissolve Sorbit ½ - 1 g / kg body weight (1 packet / every 5-10 Kg body weight) in 250 ml of water (total maximum dose 50 g. per dose = 10 Packets).
- Mix with activated charcoal (1g / kg).
- To be given orally or by a naso-gastric tube.
- If there is no charcoal appears yet in stool, repeat half the dose after 4-6 hours.

3- As a sweetener for diabetic patients or for patients on diet:

- As recommended by physician.

Children: Half the adult dose.

Elderly:

- No dose adjustments are required in elderly patients.

Storage Conditions:

- Store in a dry place below 30°C, in a dry place.
- Keep away from light & moisture.
- Keep out of reach of children.

How Supplied:

Box containing 20 Packets of 5g Sorbitol each.

Product of:

Medical Union Pharmaceuticals,

Abu-Sultan, Ismailia, Egypt.

Issue Date: 2 / 2 / 2000, Rerevision Date: 16 / 11 / 2011

