小麦纤维素颗粒说明书
请详细阅读说明书并在医师指导下使用

【药品名称】
通用名称：小麦纤维素颗粒
商品名称：非比麸（Fiberform）
英文名称：Testa Triticum Tricum Purif
汉语拼音：Xiaomai Xianweisui Keli

【成份】本品主要成分为小麦纤维素。

【性状】本品为黄色片状物。

【适应症】本品用于便秘：作为肠易激综合征、憩室病、肛裂和痔疮等伴发便秘的辅助治疗；也可用于手术后软化大便。

【规格】3.5克

【用法与用量】成人：一次3.5g（1包），一天2-3次，至少一周。之后逐渐减量至每日2次或1次；每日清晨都应服药。

6个月以上儿童：一次1.75g（半包），一天1-2次，至少一周。之后逐渐减量至每日1次；每日清晨都应服药。

本品可加入食物或饮料中服用，如汤、粥、牛奶、果汁等，每次用200ml左右的液体一起服用可达最佳效果。

【不良反应】少数患者服用本品后可能出现腹胀和腹鸣，但短时间缓解，并在1-2周内消失。

【禁忌】肠梗阻的患者禁止使用本品。

【注意事项】
1. 建议患者服用本品期间饮用足量的水，可达到最佳效果。
2. 本品基本不含麸质（每100g产品含少于0.02g的麸质），对小麦过敏的病人可能对本品产生过敏反应。

【孕妇及哺乳期妇女用药】本品可用于孕妇及哺乳期妇女患者，根据病情需要酌情增减。

【儿童用药】本品可用于儿童患者，可根据病情需要酌情增减。

【老年用药】本品可用于老年患者，可根据病情需要酌情增减。

【药物相互作用】未进行该项试验且无可参考文献。

【药物过量】未进行该项试验且无可参考文献。

【药理毒理】
大多数人食物中的纤维素含量不能满足身体需要，而纤维素摄入不足是便秘的主要原因之一。本品主要成分为小麦纤维素，是一种不能被消化的纤维素制剂。通过以下机制调节肠道功能：增加粪便体积，使粪便硬度正常化，使肠道转运时间正常化。同时还增加粪便水结合能力，使粪便排出更加顺畅。长期使用本品还可改善高脂血症患者的血脂情况。

【药代动力学】本品不被人体消化吸收，服用后以粪便形式排出体外。

【贮藏】30℃以下贮存。

【包装】本品为锡袋纸盒包装，每盒10包或20包。

【有效期】36个月。

【执行标准】进口药品注册标准：JX20000177

【批准文号】进口药品注册证号：H20100670

【生产企业】瑞典Recip AB公司
地址：Sporthalsvagen 6, Haga, Sweden

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邮政编码：518029 电话号码：0755-25884622（总机） 传真号码：0755-25881633
Package Insert

Drug Name
Generic Name: Testa tritcum tritcum purify
Brand Name: Fiberform
English Name: Testa tritcum tritcum purify
Pinyin: Xiaomai Xianweisu Keli

Composition The content in this product is testa tritcum tritcum purify.

Description Light brown granulate

Indications Constipation. As adjunctive in treatment of constipation in connection with IBS, diverticular diseases, hemorrhoids & anal fissures. Postoperatively for obtaining a soft stool.

Strength 3.5g/Sachet

Dosage and Administration Adults: 1 sachet 3 times daily for at least one week; thereafter the dosage can often gradually be decreased to twice or once daily. One dose should always be taken in the morning.
Children from 6 months: 1/2 sachet twice daily for at least one week; thereafter the dosage could often be decreased to once daily. One dose should always be taken in the morning.

Side Effects Abdominal distention and borborygmus might occur in fewer patients after taking Fiberform, but will diminish after a short time and disappear within one to two weeks.

Contraindications Not suitable for the patients with intestinal obstruction.

Note: Patients should take enough water in order to reach an ideal efficiency during the treatment. Free from gluten (consists less than 0.02g of gluten per 100g of product ready for consumption). Patients allergic to wheat might react to Fiberform.

Pregnancy and lactation Fiberform can be taken by pregnant woman and woman in lactation period. Dosage can be adjusted in accordance with patient's condition, or recommended by doctors.

Children Fiberform can be taken by children. Dosage can be adjusted in accordance with patient's condition, or recommended by doctors.

Elderly Fiberform can be taken by the elderly. Dosage can be adjusted in accordance with patient's condition, or recommended by doctors.

Interactions There have been no reports of interactions so far.

Overdose There have been no reports of Overdose so far.

Pharmacological and Toxicity Properties In most of people's diets, the low fiber contents cannot fulfill the demands of bodies, and insufficiency of fiber is the one of main reasons of constipation. Fiberform is a fiber preparation that cannot be digested. It adjusts the functions of intestinal tract through the following mechanisms: increase the fecal bulk, normalize the consistency of feces and intestinal transit time. It increases the water-binding capacity and makes excretion much easier. Long term use of the product can improve the lipid levels in the patients with hyperlipidaemia.

Pharmacokinetic Properties This product cannot be digested and absorbed, and finally excreted with feces from.

Storage Below 30°C

Package 10 sachets/box or 20 sachets/box

Shelf life 36 months

Executive standard JX20000177

Import Drug license No H20100670

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