

Saccharomyces boulardii (Florastor) oral dosage forms

MEDICATION GUIDE

NOTE: This sheet is a summary. It may not cover all possible information. If you have questions about this medicine talk to your doctor, pharmacist, or health care provider.

What is this medicine?

SACCHAROMYCES boulardii (SAK a roe MYE sees boo LAR dee eye) is a supplement. It is used to help the normal balance of bacteria in the colon. The FDA has not approved this supplement for any medical use.

This medicine may be used for other purposes; ask your health care provider or pharmacist if you have questions.

How should I use this medicine?

Take this medicine by mouth. Follow the directions on the package labeling, or take as directed by your health care professional. Do not take this medicine more often than directed.

Capsules: Swallow capsules whole or mix contents of capsule with water, apple juice or other non-carbonated drinks.

Capsule contents can also be added to apple sauce and other soft foods. Do not add to hot beverages.

Granules: Mix contents of packet with water, apple juice, or other non-carbonated drinks. For babies, may add to formula after warmed. Can also be added to apple sauce and other soft baby foods. Do not add to hot beverages.

Chewable tablets: Chew tablet completely before swallowing. Can be crushed and sprinkled on tongue. Can also be added to water, apple juice, or other non-carbonated drinks or apple sauce or other soft foods. Do not add to hot beverages.

Contact your pediatrician regarding the use of this medicine in children. Special care may be needed. This medicine is not recommended for children or infants unless prescribed by a doctor.

Overdosage: If you think you have taken too much of this medicine contact a poison control center or emergency room at once.

NOTE: This medicine is only for you. Do not share this medicine with others.

What if I miss a dose?

If you miss a dose, take it as soon as you can. If it is almost time for your next dose, take only that dose. Do not take double or extra doses.

What should I tell my health care provider before I take this medicine?

They need to know if you have any of these conditions:

- Chronic disease
- Have a central venous catheter
- Immune system problems
- An unusual or allergic reaction to Saccharomyces boulardii, Brewer's yeast or other yeast, lactose or milk (Florastor brand contains lactose), other foods, dyes, or preservatives
- Pregnant or trying to get pregnant
- Breast-feeding

What may interact with this medicine?

- Medications for fungal infections, such as fluconazole, itraconazole, ketoconazole, nystatin, or voriconazole.

This list may not describe all possible interactions. Give your health care provider a list of all the medicines, herbs, non-prescription drugs, or dietary supplements you use. Also tell them if you smoke, drink alcohol, or use illegal drugs. Some items may interact with your medicine.

What side effects may I notice from receiving this medicine?

Side effects that you should report to your doctor or health care professional as soon as possible:

- Allergic reactions like skin rash, itching or hives, swelling of the face, lips, or tongue
- Breathing problems
- Fever

- Nausea, vomiting
- Unusually weak or tired

Side effects that usually do not require medical attention (report to your doctor or health care professional if they continue or are bothersome):

- Constipation
- Increased thirst
- Mild gas

This list may not describe all possible side effects. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

What should I watch for while using this medicine?

See your doctor if your symptoms do not get better or if they get worse.

If you have allergies to milk or you are sensitive to lactose, do not use the Florastor brand supplement. Florastor contains lactose.

Where should I keep my medicine?

Keep out of the reach of children.

Store at room temperature under 25 degrees C (77 degrees F).

Keep granule packets or capsules closed until time of use.

Throw away any unused medicine after the expiration date.

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