

**READY-TO-USE- sodium phosphate enema**  
**Rugby Laboratories**

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**RUGBY® READY TO USE ENEMA**  
**LAXATIVE**

***Drug Facts***

<b><i>Active ingredients (in each 118mL delivered dose)</i></b>	<b><i>Purpose</i></b>
Dibasic Sodium Phosphate 7 g	Saline laxative
Monobasic Sodium Phosphate 19 g	Saline laxative

**Use**

- relieves occasional constipation
- this product generally produces bowel movement in 1 to 5 minutes

**Warnings**

**Dosage warning**

**Using more than one enema in 24 hours can be harmful.**

**For rectal use only.**

**Do not use**

- on children under 2 years of age

**Ask a doctor before use if you**

- have already used a laxative for more than 3 days
- have kidney disease, have heart problems, or are dehydrated
- are 55 years of age or older
- are on a sodium-restricted diet
- have abdominal pain, nausea, or vomiting
- have a sudden change in bowel habits lasting more than 2 weeks

**Ask a doctor or pharmacist before use if you** are taking any other drug. Take this product two or more hours before or after other drugs. Laxatives may affect how other drugs work.

**When using this product**

- **do not use more than directed. Serious side effects may occur from excess dosage**
- do not use for more than 3 days, without asking a doctor

## Stop use and ask a doctor if

- you have rectal bleeding
- you have no bowel movement within 30 minutes of enema use
- you have symptoms of dehydration (thirstiness, dizziness, vomiting, urinating less often than normal)

These symptoms may indicate a serious condition.

**If pregnant or breast-feeding,** ask a health professional before use.

**Keep out of reach of children.** If swallowed, get medical help or contact a Poison Control Center right away: 800-222-1222.

## Directions (or as directed by a doctor)

### Single daily dosage (per 24 hours)

**Do not use if taking another sodium phosphate product.**

**Do not use more unless directed by a doctor. See Warnings.**

Adults and children 12 years of age and older	1 bottle once daily
Children 2 to under 12 years of age	Use Pediatric Enema
Children under 2 years of age	DO NOT USE

## Other information

- **each 118 ml contains** sodium 4.3 g
- store at 15 to 30°C (59 to 86°F)
- additional liquids by mouth are recommended while using this product
- **Tamper Evident:** DO NOT USE IF TOP OR BOTTOM FLAP OF CARTON IS TORN OR MISSING.

## Inactive ingredients

benzalkonium chloride, disodium EDTA, purified water

## Questions or comments?

**866-323-0107**

Distributed by: **RUGBY® LABORATORIES**  
17177 N Laurel Park Drive, Suite 233  
Livonia, MI 48152

**PRINCIPAL DISPLAY PANEL - 133 mL Bottle Carton**

Rugby®

NDC 0536-7415-51

Compare to the  
active ingredients of  
Fleet® Saline Enema\*

Ready-to-Use  
Enema

Saline Laxative

For relief of occasional  
constipation

Not made with natural  
rubber latex

4.5 FL OZ (133 mL)

1 Bottle

Tamper Resistant:  
Do not use if top or bottom flap  
of carton is torn or missing.



Ready-to-Use  
**Enema**  
Saline Laxative

CARTON SEALED  
FOR SAFETY. DO  
NOT USE IF TOP  
OR BOTTOM  
FLAP OF CARTON  
IS TORN OR  
MISSING.

CAUTION:  
REMOVAL OF  
PROTECTIVE  
SHIELD  
BEFORE  
INSERTING.

PL10400B  
V11

Remove protective shield before inserting.  
Hold bottle upright, grasping bottle cap with  
fingers. Grasp protective shield with other  
hand and pull gently to remove.



**Positions for using this enema**

**Left-side position:** Lie on left side with knees  
bent and arms resting comfortably.



**Knee-chest position:** Kneel, then lower head  
and chest forward until left side of face is  
resting on surface with left arm folded  
comfortably.



**How to use this enema**

**Administering enema:**

- With steady pressure, gently insert enema tip into rectum with a slight side-to-side movement, with tip pointing toward navel. Insertion may be easier if person receiving enema bears down, as if having a bowel movement. Doing so helps relax muscles around anus.
- Do not force enema tip into rectum. Stop using if tip is hard to insert. Forcing the tip into the rectum can cause injury (especially if you have hemorrhoids). If enema tip causes rectal bleeding or pain, get immediate medical care.
- Squeeze bottle until nearly all liquid is gone. It is not necessary to empty bottle completely, as it contains more liquid than needed.
- Remove tip from rectum and stay in position until urge to evacuate is strong (usually 1 to 5 minutes). If no urge is felt after 5 minutes of using, try to empty bowel. Call a doctor promptly if no liquid comes out of the rectum after 30 minutes because dehydration could occur.

Bottle, cap, and shield are  
**NOT MADE WITH NATURAL RUBBER LATEX**



Rev. 01/21 R-139 Re-order No. 370243



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**Warnings**

Dosage warning: Using more than one  
enema in 24 hours can be harmful.

For rectal use only.

**Do not use**

- on children under 2 years of age

Ask a doctor before use if you

- have already used a laxative for more than 3 days
- have kidney disease, have heart problems, or are dehydrated
- are 65 years of age or older
- are on a sodium-restricted diet
- have abdominal pain, nausea, or vomiting
- have a sudden change in bowel habits lasting more than 2 weeks

Ask a doctor or pharmacist before use if you are taking any other drug. Take this product two or more hours before or after other drugs. Laxatives may affect how other drugs work.

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**Drug Facts (continued)**

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**Questions or comments?**

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\* Rugby Laboratories is a subsidiary of the owner of the trademark Fleet® Enema.

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1717 N Laurel Park Drive, Suite 233

Livonia, MI 48152

www.rugbylaboratories.com



Image not actual size

# READY-TO-USE

sodium phosphate enema

## Product Information

<b>Product Type</b>	HUMAN OTC DRUG	<b>Item Code (Source)</b>	NDC:0536-7415
<b>Route of Administration</b>	RECTAL		

## Active Ingredient/Active Moiety

Ingredient Name	Basis of Strength	Strength
<b>SODIUM PHOSPHATE, DIBASIC, UNSPECIFIED FORM</b> (UNII: GR686LBA74) (PHOSPHATE ION - UNII:NK08V8K8HR, SODIUM CATION - UNII:LYR4M0NH37)	SODIUM PHOSPHATE, DIBASIC, UNSPECIFIED FORM	7 g in 118 mL
<b>SODIUM PHOSPHATE, MONOBASIC, UNSPECIFIED FORM</b> (UNII: 3980JIH2SW) (PHOSPHATE ION - UNII:NK08V8K8HR, SODIUM CATION - UNII:LYR4M0NH37)	SODIUM PHOSPHATE, MONOBASIC, UNSPECIFIED FORM	19 g in 118 mL

## Inactive Ingredients

Ingredient Name	Strength
<b>BENZALKONIUM CHLORIDE</b> (UNII: F5UM2KM3W7)	
<b>EDETATE DISODIUM</b> (UNII: 7FLD91C86K)	
<b>WATER</b> (UNII: 059QF0KO0R)	

## Packaging

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:0536-7415-51	1 in 1 CARTON	09/01/2011	03/31/2026
1		133 mL in 1 BOTTLE; Type 0: Not a Combination Product		

## Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC Monograph Drug	M007	09/01/2011	03/31/2026

**Labeler** - Rugby Laboratories (079246066)

Revised: 9/2025

Rugby Laboratories