

PATIENT PACKAGE INSERT IN ACCORDANCE WITH THE PHARMACISTS' REGULATIONS (PREPARATIONS) - 1986

This medicine can be sold without a doctor's prescription

## Gaviscon Peppermint liquid

### Active ingredients and their quantity in dosage unit:

Sodium alginate 50 mg  
Sodium bicarbonate 26.7 mg  
Calcium carbonate 16 mg

\*List of excipients and allergens in the medicine - please see section 6 in the leaflet.

**Read this entire leaflet carefully before you start using this medicine.** This leaflet contains concise information about the medicine. If you have any further questions, ask your doctor or pharmacist.

This medicine is given without a doctor's prescription. This medicine is intended for use in adults and children over 6 years of age, under this age, refer to your doctor. Swallow it in the correct manner. Consult your pharmacist if you need additional information. Refer to your doctor if the symptoms of your illness get worse or do not improve within 7 days.

### 1. What is the medicine used for?

For the treatment of gastro reflux symptoms, heartburn, flatulence associated with gastric reflux, pregnancy heartburn, all cases of epigastric and retrosternal distress, where the main reason is gastric reflux.

**Therapeutic group:** reflux suppressants, antacid.

### 2. Before you take the medicine:

Do not use the medicine if you are hypersensitive (allergic) to the active ingredients or to any of the other ingredients of the medicine (see section 6 in the leaflet), as rare cases of

breathing difficulties and skin rash have been documented.

### Special warnings regarding the use of the medicine:

Each 5 ml contain approximately 70.5 mg sodium. If you need to limit the amount of sodium, in your diet, consult your doctor before using the medicine.

The medicine contains methyl-p-hydroxybenzoate (E218) and propyl-p-hydroxybenzoate (E216) which may cause an allergic reaction (a delayed allergic reaction).

### Please tell your doctor or pharmacist if you are taking any other medicines, including non-prescription drugs and nutrition supplements.

Wait at least two hours between taking this medicine and taking other oral medicines and, especially if you are taking the following medicines as this medicine can counteract with the activity of these medicines:

- Antihistamines
- Antibiotics (tetracyclines and quinolones such as norfloxacin)
- Iron medicines
- Antifungal such as ketoconazole
- Digoxin and beta blockers (for the treatment of heart disorders)
- Penicillamine (for the treatment of rheumatoid arthritis)
- Glucocorticoid (for the treatment of inflammatory and autoimmune diseases)
- Neuroleptics (for the treatment of mental illnesses)
- Thyroid hormones
- Chloroquine (for the treatment of malaria)
- Estramustine (for the treatment of prostate cancer)
- Bisphosphonates (for the treatment of osteoporosis)

### Pregnancy and breastfeeding:

You can use the medicine if you are pregnant or breastfeeding.

### 3. How to use this medicine

Check with your doctor or pharmacist if you are not sure. Check that the cap seal is not broken before first using the medicine. The medicine is intended for oral use only. Shake, well before use.

3008079

### Usual dosage is:

For dosage accuracy use the suitable measuring tool which is included in the package.

**Adults and children over 12 years:** 10-20 ml after a meal and before bedtime, up to 4 times a day.

**Children at the age of 6-12 years:** 5-10 ml after a meal and before bedtime, up to 4 times a day.

This medicine is usually not intended for the use of children under 6 years of age.

Use the measuring spoon which is intended to measure the correct quantity of medicine. If the spoon was not enclosed consult a pharmacist. Do not use a tea spoon for measuring the quantity of medicine. The tea spoons are different in size and you may not get the correct quantity of medicine.

If there is no improvement in your condition within 7 days refer to your doctor.

**If you have accidentally taken a higher dosage** you may feel bloated. It is unlikely to cause you any harm, nevertheless, consult with your doctor or pharmacist.

If you have taken an overdose or if a child has accidentally swallowed the medicine, proceed immediately to a doctor or a hospital emergency room and bring the package of the medicine with you.

**Do not exceed the recommended dose.**

**If you forget to take this medicine** at the specified time, do not take a double dose. Take the next dose at the regular time and consult your doctor.

### 4. Side effects:

Like all medicines, the use of Gaviscon liquid peppermint may cause side effects, in some patients. Do not be alarmed while reading the list of side effects, you may not suffer from any of them.

**Stop the use of the medicine and refer to your doctor immediately** in case of an allergic reaction such as skin rash, breathing difficulties, dizziness or swelling of the face, lips, tongue and throat. These effects appear very rarely.

If any of the side effects appears or if any of the side effects worsens, or if you experience side effects not mentioned in this leaflet, consult your doctor.

### 5. How to store the medicine

• **Avoid poisoning!** This medicine, and all other medicines, must be stored in a safe place out of the reach of children and/or infants, to avoid poisoning. **Do not induce vomiting unless explicitly instructed to do so by your doctor!**

• **Do not take medicines in the dark!** Check the label and the dose each time you take your medicine. Wear glasses if you need them.

• Do not use the medicine after the expiry date (exp. date) stated on the package of the bottle. The expiry date refers to the last day of that month.

• **Storage conditions:** do not store at a temperature over 30°C. Do not store in the refrigerator or freeze. Store in original package. The medicine can be used for 6 months after initial opening of the bottle.

### 6. Additional information

In addition to the active ingredients, this medicine also contains - Carbomer, Methyl parahydroxybenzoate, Propyl parahydroxybenzoate, Saccharin sodium, Peppermint oil, Sodium hydroxide, Water.

Each spoon (5 ml) of the medicine contains 70.5 mg sodium. The medicine does not contain sugar or gluten.

**What does the medicine look like and what does the package contain:** Minty flavored and scented suspension, its color milky and not transparent. Marketed in a 300 ml bottle.

**Manufacturer:** Reckitt Benckiser Healthcare Ltd., Dansom Lane, Hull, England.

**Importer:** Reckitt Benckiser (Near East) Ltd., Hanagar 6, Hod HaSharon, 4527704.

**Drug registration number at the national medicines registry of the Ministry of Health:** 141-67-31756-00

This leaflet was checked and approved by the Ministry of Health in 08/2014. Gaviscon liquid Peppermint P/L PB0914-06